

# COLD WEATHER HEALTH & SAFETY TIPS

## TRAVEL SAFETY



- \* Listen to radio or television reports, or go online, to check travel advisories issued by the National Weather Service or your local stations.
- \* If there are extreme weather conditions, consider delaying trips until the weather and road conditions improve; only make a car trip if it is absolutely necessary.
- \* Remember that, generally, the best road conditions are between 10 am and 4 pm.
- \* Always be sure you have at least half a tank of gas for emergency use and to keep the fuel line from freezing.
- \* Let someone know your travel plans, including your destination, route and expected time of arrival.
- \* Take emergency contact phone numbers with you.
- \* Do not pour water on your windshield to remove ice and snow; you may shatter your windshield.
- \* Do not travel in low visibility conditions.
- \* Avoid driving on ice-covered roads, overpasses, and bridges, if at all possible.
- \* Never rely on a vehicle to provide sufficient heat, as it may possibly break down.
- \* Carry winter emergency supplies in your car, including additional warm clothing, a blanket, water, and snacks, as well as the following items: jumper cables, flashlight, window scraper, small shovel, matches, hand warmers, light sticks, flares, kitty litter or sand, first-aid kit, and a whistle.
- \* Turn on your flashers and remain in your car, if stranded.