

Emergency Preparedness Pointers



Winter Driving Safety

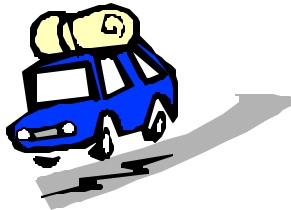


The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost are the keys to staying safe this season.

Before You Travel

e **Have a mechanic check the following items on your car.**

- Battery
- Thermostat
- Antifreeze
- Heater
- Lights
- Brakes
- Exhaust system
- Ignition system
- Hazard lights
- Defroster
- Oil level
- Wipers
- Windshield washer fluid



e **Install good winter tires.**

e **Keep a windshield scraper and small broom for ice and snow removal.**

(See WINTER CAR KIT below)

e **Maintain at least a half tank of gas during the winter season.**

e **Plan long trips carefully.**

Listen to the radio or call the Idaho Transportation Department for the latest road conditions at 336-6600. Always travel during the daylight and, if possible, take at least one other adult.

e **Dress warmly.**

Wear layers of loose fitting, lightweight clothing.

e **Carry food and water.**

If You Get Stranded

e **Stay in the car.**

Do not leave the car during a blizzard to search for assistance unless help is visible within 100 yards. You may become disoriented and get lost in blowing snow.

e **Avoid overexertion.**

Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack.

e **Display a trouble sign.**

Hang a brightly colored cloth on the radio antenna and raise the car hood.

e **Occasionally run the engine to keep warm.**

Turn on the car's engine for about 10 minutes each hour. Run the heater and turn on the dome light when the car is running. *Beware of carbon monoxide poisoning.* Keep the exhaust pipe clear of snow and open a down-wind window slightly for ventilation.

e **Do minor exercises to keep up circulation.**

e **Clap hands and move arms and legs occasionally. Try not to stay in one position too long.**

e **If more than one person is in the car, take turns sleeping.**

e **For warmth, huddle together.**

e **Use newspapers, maps and removable car mats for insulation.**

f d e f d e d f Winter Car Kit d e f d e f d e

- Bottled water
- Non-perishable food
- Non-electric can opener
- Flashlights and extra batteries
- First aid kit
- Pocket knife
- Flares
- Extra set of clothes
- Extra socks, gloves and hats
- Several blankets or sleeping bags
- Matches and candles
- Small shovel
- Local maps
- Tools (screwdriver, pliers, wrench)
- Small sack of sand for traction under tires
- Tow chain
- Jumper cables
- Set of tire chains
- Brightly colored cloth to use as a flag
- Essential medication
- Plastic bags (for sanitation)
- Toiletries and personal items
- Games and cards

