

Fall & Winter Safety

Fort Devens Safety Office
December 2012

Introduction

Purpose: To increase individual's safety awareness level by providing information that will encourage the employee to change their behavior and decrease the chance for an unpleasant event.

The **No. 1** cause of winter driving accidents is **driving too fast.**

Motor Vehicle Accidents are the **No. 1** cause of death in winter storms

Prepare YOUR Vehicle for the Winter

- **Winterize your car**
 - Check antifreeze, defroster, emergency signals, heater, lights, oil, tires, windshield washer fluid, and wiper blades
- **Have emergency supplies in your car**
 - Blanket, jumper cables, first aid kit, flashlight, ice scraper, matches and a candle, sand/gravel, small shovel and a cellular phone

Before You Drive

Prior to driving in a winter storm:

- Let your car warm up for a few minutes
- Clean the entire car before you begin to drive.
- Make sure all lights work and are clear of ice and/or snow.
- Clean ice and snow off your windshield wiper blades.
- Check horn, adjust mirrors, test brakes.

*Do this **BEFORE** you leave home and/or the office*

While Driving

- Use low beam headlights:
 - --during dusk and dawn (also at night).
 - --in fog.
 - --during rain, sleet, snow.
- When using windshield wipers, use headlights.
- Do NOT use parking lights while vehicle is moving.
- Use turn signals.

SEE AND BE SEEN

Maintain SPACE



Speed - The No. 1 cause of winter driving accidents is driving too fast.



Patience and courtesy save lives.



Awareness of other vehicles and your environment is essential.



Concentration - The increased hazards of winter driving make this important.



Exit - Always leave yourself an out.

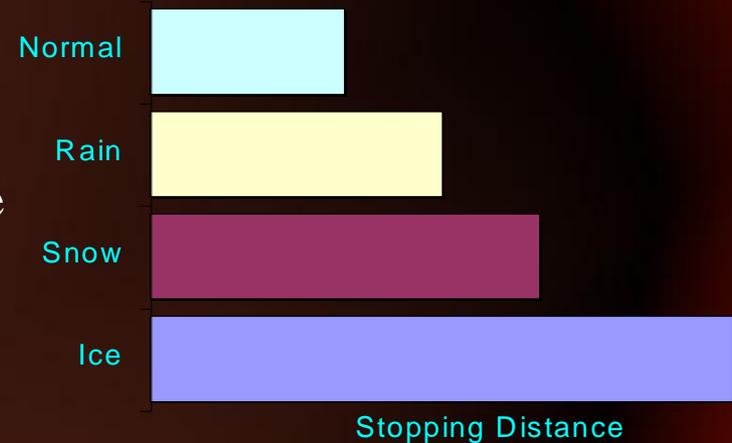
Safe Driving Skills

➤ Following Distance

- Normal (Dry Road) Driving - 3 seconds
- Winter Driving - 6 or more seconds

➤ Stopping Distance

- Rain - 50% more than dry
- Snow - 2x normal stopping distance
- Ice - 3x normal stopping distance



➤ Braking

- Gently tap and release brake pedal in a pumping motion
- Vehicles with ABS/disk brakes should apply steady, gentle pressure to the pedal - *do not pump brakes.*

Other Winter considerations

Clothing

- ✓ Wear a hat!
- ✓ Wear gloves!
- ✓ Wear shoes with good traction!
- ✓ Layer your clothes!

Sports

- ✓ Check Equipment
- ✓ Wear a helmet
- ✓ Wear goggles
- ✓ Stay in Pairs

Child Safety

- ✓ Be aware of the time spent outside
- ✓ Check sleigh path
- ✓ Dress children in layers
- ✓ Have hot cocoa on hand

Home Safety

- ✓ Check electrical wiring
- ✓ Check furnace/wood stove
- ✓ Have chimney cleaned
- ✓ Review Snow Blower manual
- ✓ Keep a bag of salt in garage

Slips Trips and Falls

- Slips
 - Rushing
 - Wet surface
 - Icy surface
 - Improper footwear
- Trips
 - Inattention
 - Poor Housekeeping
- Falls
 - Improper use of equipment
 - Uneven walking surface
 - Reduced visibility

The Silent Killer

Carbon Monoxide

- Unvented Heaters
- Vehicles
- Gas operated appliances
- Charcoal

Symptoms may not be recognized before collapse unconsciousness and death.

Symptoms include:

Tightness across the forehead, headache,

Throbbing in temples

Weariness/weakness/loss of muscular control

Pain

Dizziness and/or nausea

Increased pulse and respiration

Carbon Monoxide Safety

- ✓ **Prevention: Adequate ventilation (whether at home, in vehicle or in the workplace).**
 - ✓ **Exhaust systems for home heating devices should be checked periodically.**
 - ✓ **Open garage doors before starting vehicles.**
 - ✓ **Purchase and install (CO) detectors.**

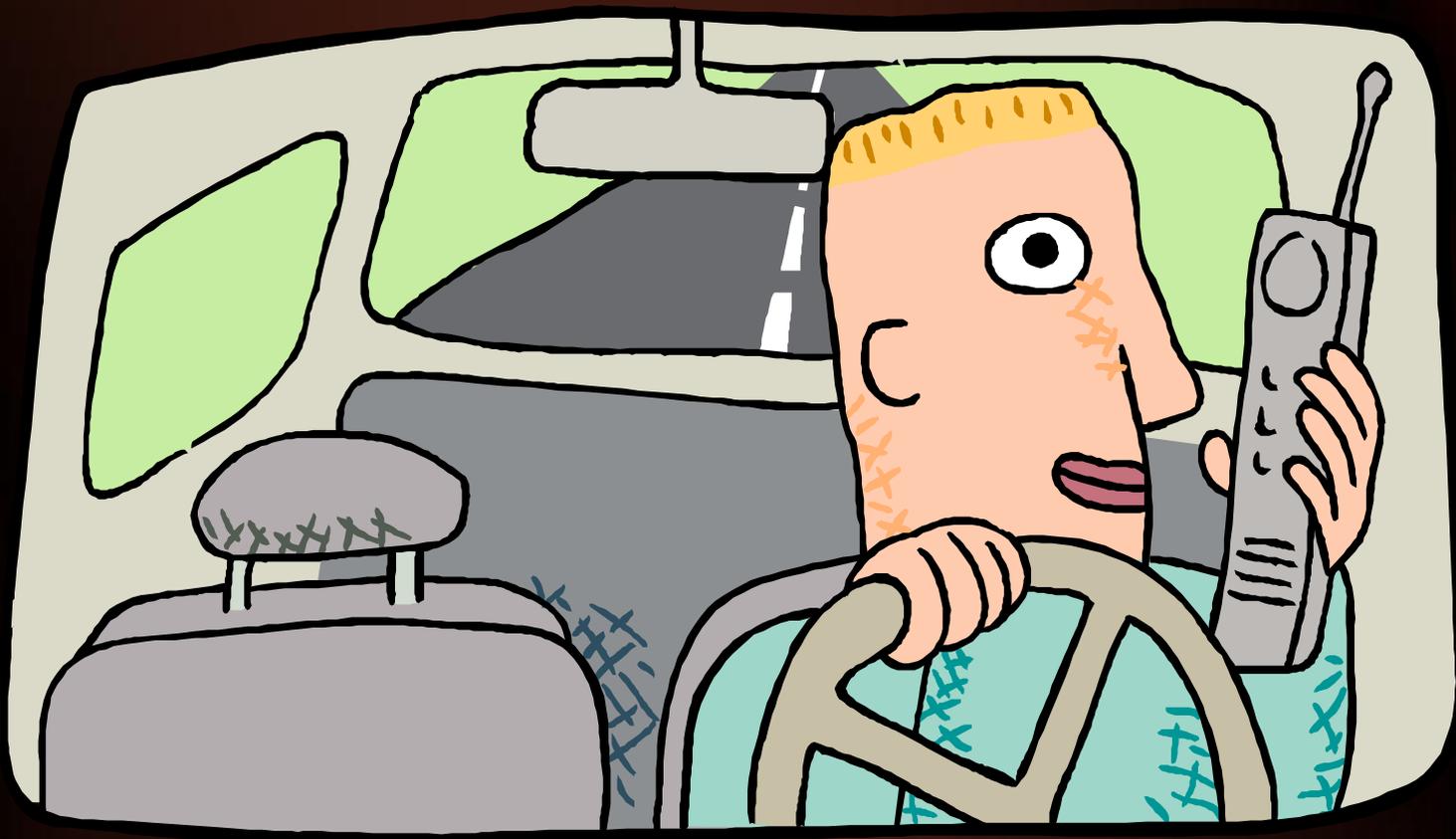
**Sleeping in an enclosed
vehicle with the engine
running can lead to a nice
quiet death-**

**DO NOT SLEEP IN A
VEHICLE WITH ENGINE
RUNNING !!!**

Click It or Ticket

- **Safe driving takes precedence over all travel schedules**
- **Seatbelt use mandatory**
- **Consequences of drinking and driving**
- **Procedure to follow in case of emergency**

No Cell Phones



Friends Safety

Collect car keys when guest arrive.

Plan to have designated drivers.

Offer non-alcoholic drinks for designated drivers.

Don't let friends drive drunk - call cab.

Offer to let over-doers stay the night.

**All deaths are caused by one or
more of these -----**

Speed

Alcohol

Fatigue

Lack of Seat Belts



Remember those who wish they had their seat belts on !

THE SAFETY
OFFICE
WISHES YOU
A VERY SAFE
FALL & WINTER
SEASON!