

WINTER DRIVING TIPS

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. This sheet provides safety tips for your employees to help prevent motor vehicle injuries due to winter storms.

Prepare

- Maintain your car: Check the battery, tire tread and windshield wipers. Keep your windows clear and add no-freeze fluid in the washer reservoir. Check your antifreeze.
- Have on hand: Flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush, ice scraper, warning devices (like flares) and blankets. For long trips, add food, water, medication and cell phone.
- Stopped or Stalled: Stay with your car, don't ever over exert. Put bright markers on antenna or windows and shine dome light. If you run your car, clear exhaust pipe and run it just enough to stay warm.
- Plan your route: Allow plenty of time. Check the weather and leave early if necessary. Be familiar with the maps and/or directions, and let others know your route and arrival time.
- Practice cold weather driving: During daylight, rehearse maneuvers slowly on the ice or snow in an empty lot. Steer into a skid. Know what your brakes will do. Stomp on antilock brakes, pump non-antilock brakes. Stopping distances are longer on water covered roads and ice. Don't idle for a long time with the windows up or in an enclosed space.

Protect Yourself

- Buckle up and use child safety seats properly. Never place a rear-facing infant seat in front of an air bag. Children 12 and under are much safer in the back seat.

Prevent Crashes

- Drugs and alcohol never mix with driving.
- Slow down and increase distances between cars.
- Keep your eyes open for pedestrians walking in the road.
- Avoid fatigue; get plenty of rest before the trip. Stop at least every three hours and rotate drivers if possible.
- If you are planning to drink, designate a sober driver.

Tips for safe winter driving courtesy of OSHA | www.osha.gov

