

Winter Weather Safety Tips

Winter Weather is Here!

Following are safety tips to help you have a safe and healthy winter season.



Winter Dress

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton.

Wear a hat to reduce heat loss.

Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Avoid Exertion When In The Cold

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold.

Shoveling Safety

Use proper posture to prevent back strain. Keep your back straight, and lift gently from the knees and hips. Stop if you feel pain or become short of breath.

Lift small amounts, especially when removing heavy snow, slush or ice.

Avoid Ice

Walking on ice is extremely dangerous. Many cold weather injuries result from falls on ice covered sidewalks, steps, driveways, and porches.

If you must cross icy surfaces, take short steps and keep your knees slightly bent for better stability.

Keep steps and walkways as free of ice as possible by using rock salt, chemical de-icing compound, or sand to reduce the risk of slipping.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature.

Warning signs of Hypothermia:

- *shivering, exhaustion
- *confusion, fumbling hands
- *memory loss, slurred speech
- *drowsiness

What to do: If you suspect hypothermia, get the person into a warm environment immediately. Remove any wet clothing and use blankets, towels, or plastic sheeting to help trap body heat. Give the person small sips of warm (not hot) water.

Seek medical attention.

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

Warning signs of Frostbite:

- * white or grayish-yellow skin area
- * skin that feels unusually firm or waxy
- * numbness

What to do: If frostbite is discovered, hold the affected part tightly against warm skin or another part of the body; (for example under arm). When thoroughly warmed, keep covered and make an effort to avoid freezing area again.

Seek medical attention.

For further winter safety information, please contact Risk Management & Safety at 262-472-1856 or via email at riskmgmt@uww.edu

To report areas that need ice or snow removal, please contact Facilities Planning and Management at 262-472-1320



Safe Winter Driving Tips

Clear snow and ice from all windows and lights.

Even the hood and roof, before driving.

Pay attention.

Don't try to out-drive the conditions. Remember the posted speed limits are for dry pavement.

Leave plenty of room for stopping.

Leave room for maintenance vehicles and plows.

The law requires you to slow down or move over when approaching emergency or maintenance vehicles, including snowplows, parked on the side of the road when they have their flashing lights turned on. If you approach a parked emergency or maintenance vehicle during a winter storm and decide to change lanes be extra careful. The passing lane may be in worse shape than the driving lane. There may also be a snow ridge between the two lanes. Avoid making an abrupt lane change. If approaching a snowplow, stay back at least 200 feet (it's the law!), and don't pass on the right.

Know the current road conditions.

Call 1-800-ROADWIS or log onto the winter road condition report Web page at:
<http://www.dot.state.wi.us/travel/road/winter-roads.htm>

Use brakes carefully.

Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions.

Watch for slippery bridge decks,

Even when the rest of the pavement is in good condition. Bridge decks will ice up sooner than the adjacent pavement.

Don't use your cruise control in wintry conditions.

Even roads that appear clear can have sudden slippery spots and the short touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.

Don't get overconfident in your 4x4 vehicle.

Remember that your four-wheel drive vehicle may help you get going quicker than other vehicles but it won't help you stop any faster. Many 4x4 vehicles are heavier than passenger vehicles and actually may take longer to stop. Don't get overconfident in your 4x4 vehicle's traction. Your 4x4 can lose traction as quickly as a two-wheel drive vehicle.

Don't pump anti-lock brakes.

If your car is equipped with anti-lock brakes, do not pump brakes in attempting to stop. The right way is to "stomp and steer"!

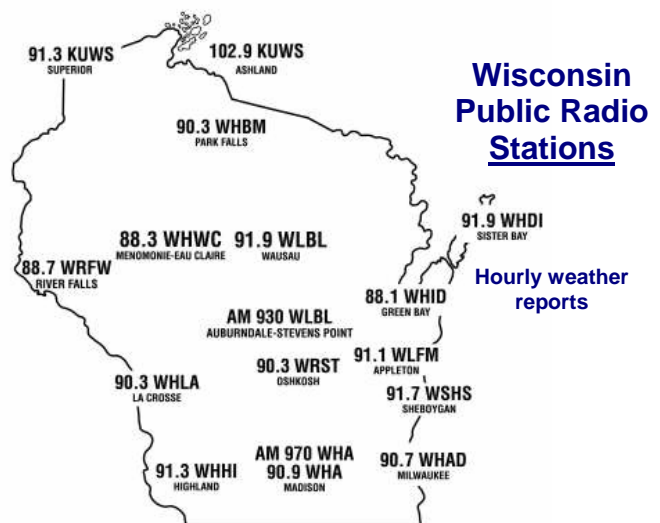
Look farther ahead in traffic than you normally do.

Actions by cars and trucks will alert you quicker to problems and give you a split-second extra time to react safely.

Remember that trucks are heavier than cars.

Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them.

Go Slow!!



Above information is from the Wisconsin Department of Transportation web site:
<http://www.dot.state.wi.us/safety/motorist/winterdriving/driving-tips.htm>