

Winter Safety Tips



PREPARING FOR A WINTER STORM

At home:

- Keep handy a battery-powered flashlight, radio, extra food (canned or dried food is best) and bottled water.
- Make sure there are extra blankets and heavy clothes available.
- Be aware of potential fire and carbon monoxide hazards if you plan to use an emergency heating source such as a fireplace, wood stove or space heater.

In a vehicle:

- Have the following emergency supplies in your auto: shovel, blankets, windshield scraper, container of sand, battery booster cables, tow chain or rope, flashlight, battery-operated radio, first-aid kit and high energy snacks (i.e.: nuts, raisins).

Outside:

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snow. Sweating could lead to chill and hypothermia.
- Wear loose-fitting, lightweight warm clothing in layers. Wear wool hat and mittens.
- Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.

DURING A WINTER STORM

At home:

- To save heat, close off unneeded rooms, cover windows at night and stuff towels or rags in cracks under doors.
- Maintain adequate food and water intake. Food provides the body with energy for producing its own heat.

If stranded in a vehicle:

- Attach a cloth to your antenna to attract attention and then remain in the vehicle.
- Run the motor about 10 minutes each hour for heat. However, open the window slightly for fresh air and make sure that the exhaust pipe isn't blocked.
- Get attention by turning on the dome light and emergency flashers when running the engine.
- Exercise by moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

If stranded outside:

- Try to stay dry and cover all exposed parts of the body.
- Prepare a windbreak or snow cave for protection from the wind. Building a fire for heat and to attract attention.
- Do not eat snow. It will lower your body temperature. Melt it first.

ANYTIME

Listen for NOAA Weather Radio or local radio, television and cable stations for the latest updates on hazardous winter weather.

- To insure a continuous flow of weather information, make sure the NOAA Weather Radio, or another radio or television has a battery back up.
- For NOAA Weather Radio information, including a station near you, see the NOAA Weather Radio page on the internet at <http://www.nws.noaa.gov/nwr> or contact your National Weather Service office.

For more information on winter storms, see <http://www.nws.noaa.gov/om/nwspub.htm>