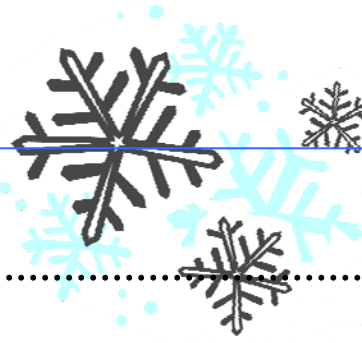


Safety Tips



Winter Walking and Driving

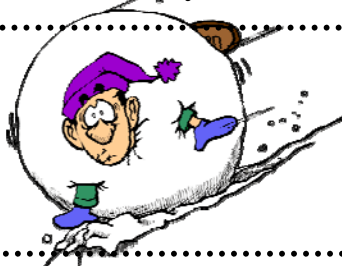
Winter Walking

(even for the parking lot or transit)



When sidewalks, parking lots, and steps are snowy or icy, there is a greater risk of falling.

- Dress for walking. Wear warm clothing (extra padding can protect you if you do fall) and winter shoes with non-slip tread soles and wide low heels.
- Take small, careful steps on ice. On stairs, make sure you hold the handrail and put your full foot on each step.
- Help drivers see you by wearing bright colors.
- If you are walking any distance in snow or ice, use ice grippers on your footwear. These must be removed as soon as you get to a smooth, dry surface as they become slippery on smooth surfaces such as stone or tile.



Winter Driving

When the forecast for the weather is bad, you need to think ahead of time how to handle your needs.

- When you don't need to get out, don't.
- Give yourself plenty of extra time to get to work. Don't ever hurry in cold or icy weather. Reduce your speed.
- Winterize your car before bad weather hits. Have your battery, tires (including your spare tire), and antifreeze level checked and serviced for winter. Keep your gas tank at least half full.
- Wear warm clothing that can protect you from outside temperatures, including a hat and gloves—just in case your vehicle stalls or you get stuck in snow.
- Keep a vehicle winter emergency kit that includes a first aid kit, a bag of kitty litter or salt, a small shovel, and jumper cables.