



Tuesday's Tip

information provided by Adriance Memorial Library to make your life a little bit easier

Winter Weather Safety

January 5, 2016

With the first real cold-snap of 2016 upon us, and more likely in the months ahead, it seems a good time to share a few resources geared at keeping you and your family safe and healthy during difficult, cold winter weather.

Our first resource is from the [Centers for Disease Control \(CDC\)](#)

EXTREME COLD

A Prevention Guide to Promote Your Personal Health and Safety



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Another helpful site comes from the National Weather Service arm of the National Atmospheric and Oceanic Administration (NOAA) at their [Weather Ready Nation—Winter Safety](#) site.

Weather-Ready Nation
National Oceanic and Atmospheric Administration

Home News Events Resources **Are you Weather-Ready?** Be a Force of Nature Ambassadors

Winter is a Killer: Simple Steps to Stay Safe

#WinterSafety
en español

Be a Force of Nature: Prepare and Stay Safe!

#WinterSafety

On average, weather-related vehicle crashes kill 6,253 people and injure more than 480,000 each year, according to the Department of Transportation. Most of these accidents occur when the roadways are wet, snowy or icy. When the weather takes a turn for the worse this winter, take precautions if you have to be out on the roadways. Whether there is a coating of snow or ice on the roadways, or the asphalt just looks wet, SLOW DOWN! If the temperature is near freezing, drive like you're on ice - you may be!

WINTER DRIVING

Each year, weather-related crashes cause more than 6,000 deaths and 480,000 injuries.

If the outside temperature is near freezing, drive like you're on ice. You may be!

Outreach Toolkit

Be a Force of Nature! Help us get the word out about staying safe. The content below is free to share on the web, social media and elsewhere.

Articles

- Nor'easters Explained
- How Much Snow?

Social Media Plans (PDFs)

- Winter Weather
- Floods
- Wind
- Fog
- Space Weather
- Weather-Ready Wednesday

Graphics

- Facebook Cover Photo
- Winter Driving Infographic

Presentations (PDFs)

- Winter Weather
- Space Weather

This infographic from the U.S. Fire Administration, provides some safety tips on [winter heating—and fire prevention](#).

PUT A THERMOMETER ON FREEZE WINTER FIRES

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Half of all home heating fires occur in the months of

Keep portable generators outside, away from windows, and **as far away as possible from your house.**

Install and test carbon monoxide alarms at least **once a month.**

Have a qualified professional clean and inspect your chimney and vents **every year.**

Heating equipment **1** in every **6** is involved in **6** reported **home fires** and **1** in every **5** **home fire deaths.**

Store cooled ashes in a tightly covered metal container, and keep it outside at least **10 feet** from your home and any nearby buildings.

Keep anything that can burn at least **3 feet** from any **heat source** like fireplaces, wood stoves, radiators, or space heaters.

Plug only **1 heat-producing appliance** (such as a space heater) into an electrical outlet at a time.

And from our neighbors to the north, The Canada Safety Council offers advice for [winter walking](#)—the graphic reminds us to ‘walk like a penguin’ on ice!

The screenshot shows the Canada Safety Council website. At the top left is the logo and the text "CANADA SAFETY COUNCIL Canada's Voice and Resource for Safety". Navigation links include Home, Contact, Login, and Français. A search bar is on the right. Below the header is a photo of a family and a "Home Safety" section. A main navigation bar contains: ABOUT US, NEWS, SAFETY INFO, TRAINING, MEMBERSHIP, CAMPAIGNS, SAFETY STORE, SPONSORSHIP. The "SAFETY INFO" menu is expanded, listing: Traffic Safety, Child Safety, Workplace Safety, Home Safety, Senior Safety, Sports & Active Living, and Community Safety. The main content area features the article "Safety Tips for Winter Walking" with the following text:

Safety Tips for Winter Walking

When the winter air is crisp and the ground is covered with snow, there's nothing like taking a walk to enjoy the beauty of the season — and walking is one of the best ways to keep fit.

On the other hand, winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for the innocent pedestrian.

A few simple measures can make it safer to walk outdoors in the winter. Removing snow and ice, putting sand or salt on areas where people walk, and wearing the right footwear all make a big difference.

Just one bad fall on ice can have long-term consequences. These include: chronic pain in the affected area; a disabling injury that may mean loss of independence; or fear of another fall, which discourages a healthy, active lifestyle.

Basic Precautions

The Canada Safety Council offers seniors some practical suggestions to stay active in winter.

As winter approaches, outfit yourself for safe walking:

1. Choose a good pair of winter boots. For warmth and stability look for these features: well-insulated, waterproof, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.

On the right side of the article, there are links for "Print This Page" and "Français". Below these is a "Related Information" section with a link to an animated graphic: "Check out this handy animated graphic from the Boston Globe about how to 'Walk like a penguin on ice' Like a penguin". A red arrow points to the graphic, which shows a person walking with a penguin and labels: "Keep your knees loose", "Extend arms to the sides to keep balance", and "Point the feet out slightly".

Have fun—and be safe out there!