



Winter Weather Safety Tips

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on www.easternalliance.com, or contact your Risk Management Consultant for assistance

1.855.533.3444

BE PREPARED AT HOME

- Keep a battery-powered radio and flashlights in working order; stock extra batteries.
- Store food that can be prepared without an electric or gas stove.
- Stock emergency water and cooking supplies.
- Have candles and matches available in case of a power outage.
- Have sufficient heating fuel; regular fuel sources may be cut off.
- Have some kind of emergency heating equipment and fuel (a kerosene heater, a gas fireplace or wood-burning stove or fireplace) so you can keep at least one room of your house warm if power is cut off.

RIDING OUT A STORM AT HOME

If you are isolated at home:

- Listen to the radio or television for updates on weather conditions.
- Conserve fuel by keeping your house cooler than usual and by temporarily "closing off" heat to some rooms.
- When emergency heating methods must be used, maintain adequate ventilation to avoid build-up of toxic fumes.

Dress accordingly:

- Layer your clothing; many layers of thin clothing are warmer than single layers of thick clothing.
- If you need to go outdoors or the heat is off indoors, wear mittens; they are warmer than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth with scarves to protect your lungs from directly inhaling extremely cold air.

If shoveling snow isn't critical, don't do it. If you must shovel snow, take your time and lift small amounts. Over-exertion can bring on a heart attack — a major cause of death during and after winter storms.