



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 IN YOUR CAR

Keep your car "winterized" with antifreeze. Carry a winter car kit that includes a windshield scraper, flashlight, emergency candle (one in a tin with lid) and matches, tow chain or rope, shovel, tire chains, blanket, extra mittens, bag of sand or salt, a fluorescent distress flag and an emergency flare.

IF TRAVELING IN BAD WEATHER

- Use public transportation, if possible. Try not to travel alone during a storm.
- Make sure your vehicle is in good operating condition, winterized, properly serviced and equipped with snow or all weather tires. Be sure your headlights, taillights and windows are clean so you can see and be seen.
- Listen to your radio for weather information.
- Always fill your gas tank before entering open country, even for short distances. You are less likely to get stranded with a full tank. If you do get stranded, you will have enough gas to run the motor and heat the vehicle.
- Let someone know your departure time, expected arrival time and route.
- Seek shelter immediately if the storm seems severe.
- Drive carefully and defensively. Don't try to save time by traveling faster than road and weather conditions permit.
- Never carry spare fuel inside the vehicle or the trunk. Gasoline fumes can build up and cause a violent explosion.

IF STRANDED ON THE ROAD

If your vehicle becomes stalled or stopped in a winter storm, follow these tips until help arrives.

- Keep calm and stay in your vehicle. Do not attempt to walk out of a blizzard. You are much more likely to be found by staying in your vehicle.
- Keep fresh air in your vehicle — especially if you are using a candle, solid fuel or other type of heating device — to prevent carbon monoxide build-up and oxygen starvation.
- Run motor and heater sparingly and only with the down-wind window open for ventilation. Make sure snow has not blocked the exhaust pipe.
- Turn on dome light at night. This helps make the vehicle visible for work crews.
- Keep watch. Do not permit all occupants to sleep at once.
- Exercise. Clapping hands and moving arms and legs vigorously will help keep you awake and improve circulation.