

Be Prepared – Basic Winter Weather Safety

In the cold dress in layers of loose fitting clothes. Wear a hat, gloves or mittens, and a scarf. Have as little skin as possible exposed to the elements.

When shoveling snow, go slow, take breaks, and don't get too tired. Keep fire hydrants near your home or business visible and free of snow.

Carry a winter survival kit in your vehicle. Include extra clothing, a blanket, and high energy food like candy bars, peanuts, and raisins. Have a flash light with fresh batteries, paper towels, sand, and a shovel. Keep the gas tank and windshield washer bottle full. Take necessary medications with you when traveling in winter.

Before you set out on a trip let someone know the time you leave, the route you will take, and the time you plan to arrive. Check the latest forecast and road report. Take a cell phone and be sure the vehicle windows, headlights and taillights are clear of snow, ice, and frost.

If you get stuck, raise the vehicle antenna and tie a brightly colored cloth to it so that others passing by will see you. Keep the exhaust pipe clear of snow but do not overexert yourself by trying to push or shovel the vehicle out of deep snow. Keep a window open about a half inch. Clap your hands and rub your legs. Move your body around in the vehicle. Stay inside the vehicle. Do not try to walk away from the vehicle unless you can see a place of safety at a close distance. Do not fall asleep! Stay awake!

Credit: National Weather Service, Bismarck