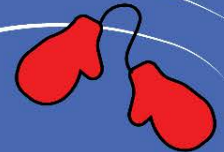




IMPORTANT Fall/Winter Safety Information for ALL CWRES Employees

WINTER SAFETY TIPS



- Dress in insulated, waterproof layers to keep in body heat and keep out moisture
- Cold weather causes extra strain on the heart, so avoid over-exertion
- Stock up on nonperishable foods and bottled water
- Use sand or cat litter to gain traction in icy road conditions
- Close unused rooms in your house and cover windows to conserve heat
- Keep the gas tank in your car full to prevent fuel from freezing
- Pack an emergency kit, extra clothes and blankets in the trunk of your car
- Keep space heaters 3 feet away from flammable materials and never leave them unsupervised
- Open cabinet doors to circulate warmer air to water pipes that might freeze in the cold
- Keep a battery-operated radio and flashlight in case of power outages during winter storms

“Safety is a State of Mind!”



Q: What is Wind Chill?

A: One of the gravest dangers of winter weather is wind chill. The wind chill is based on the rate of heat loss from exposed skin by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. Animals are also affected by wind chill.

Q: Does it ever get too cold to work outside?

A: In our region, generally the answer is no. If the temperature is above 10 degrees Fahrenheit, it is safe to work outside as long as you are bundled up (in layers) appropriately to stay warm. Extremities – hands and feet – are particularly vulnerable to overexposure from cold temperatures and wind. Be sure to wear warm gloves or mittens, a hat and thick socks. Wool socks and sturdy boots are a good choice for footwear.

Q: Can you get dehydrated in cold weather?

A: Yes, during the winter months, sweat evaporates more rapidly in the cold, dry air, and that can result in dehydration. Without the sweat, we're tricked into thinking we aren't losing fluids as rapidly as during a hot, summer day. Cooler temperature can also reduce the body's thirst response. Not only does drinking water help you stay hydrated, it also helps regulate body temperature and is essential to the function of cells, tissues and organs. Drinking water can even give your immune system a boost and prevent you from getting sick during peak cold and flu season.

Q: Is driving slower in snowy conditions really that important?

A: Yes! Drive slowly because accelerating, stopping and turning all take longer on snow-covered or icy roads.... Know your route and be especially alert to avoid sudden stops and quick direction changes, which might cause spinouts or collisions with cars on slippery roads.

“Safety is a State of Mind!”

6 Tips to Avoid Slips in the Winter

- 1 When outside wear shoes or boots with heavy treads for increased traction and avoid icy areas.
- 2 Keep walkways, stairways, and other work areas clear by removing hazards like snow immediately.
- 3 Look where you are going and have your hands ready to steady yourself should you slip.
- 4 Avoid carrying heavy loads that may compromise your balance.
- 5 Mark hazardous areas by using signs, cones, or barricades to warn pedestrians.
- 6 Make yourself visible to drivers by wearing a brightly colored jacket or clothing.



5 SAFETY TIPS

for DRIVING in the RAIN

- 1** Before you head out, make sure everything is in good working order - Defroster, Wipers and headlights. Make sure you have extra windshield washer fluid available.
- 2** Increase your following distance and lead time as roads are slippery.
- 3** Slow down to avoid slipping and to keep your traction to avoid hydroplaning.
- 4** Remember, when you can't see well, neither can other drivers. Turn on your headlights, use your signals to give advance notice when changing lanes, turning or stopping. Giving a heads up can avoid a collision.
- 5** Avoid deep puddles and flowing water when you can. When you can't:
 - Slow down and go into low gear.
 - Gently press brakes and increase your engine's RPM when going through the water.
 - Once out of the water, keep light pressure on your brakes to heat them up and dry them.*
 - When it's safe, test your brakes to make sure they are working properly. If not, use the procedure above to continue drying them out.*

**Be careful not to overheat your brakes while performing this procedure.*



“Safety is a State of Mind!”



full tank of gas



first aid kit



cellphone charger



flashlight



water/snacks



ice scraper/
snow brush



boots/gloves/
warm clothes



music/games



WSDOT PRESENTS

WHAT TO CARRY IN YOUR CAR

Because you never know when you will encounter winter weather or emergency road closure



jumper cables



flares



Know before you go

wsdot.com/traffic



tire chains

GET OUR MOBILE APP

Our Android and iPhone apps include statewide traffic cameras, travel alerts, mountain pass reports, ferry schedules and alerts, northbound Canadian border wait times and more.

Android



iPhone



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STOP WINTER FALLS

DO THE PENGUIN WALK!

KEEP YOUR
KNEES
RELAXED

POINT YOUR
TOES
OUT

TAKE
SHORT
STEPS

REMEMBER TO
WALK SLOWLY
ALWAYS

ALWAYS KEEP
YOUR HANDS
FREE

"Safety is a State of Mind!"

Winter Safety TIPS

