

Protect the 4 P's

- People
- Pets
- Pipes
- Plants





When going outside, layer up from head to toe. Set your inside heat to an appropriate temperature. If using a space heater, make sure to keep it away from anything that might be flammable. Make sure fireplaces have a screen. Never use your stove/oven as a heat source. Never use a generator inside, including in your garage or basement.



Pets, like humans, are vulnerable to cold temperature. If not taken care of properly, they can succumb to frostbite and even hypothermia. Do not keep them outside for too long. Protect their paws from ice and ice melt products.



Cover all your exposed pipes with a cover. You can use store bought products or cover with towels and duct tape as long as they are wrapped tightly. Let your faucets drip throughout the day and night to keep them from freezing. Open your cabinets to let warm air circulate (be sure any harmful chemicals are out of reach for children and pets).



Bring in your outdoor plants. If you can't bring them in, cover with a blanket.

Situational



Awareness

is Key to Winter Safety



Know your vehicle. Know what it can and can't do in winter conditions. Before setting out, be sure that windows and mirrors are clear from ice and snow. Clearing the window means clearing the entire surface, not just a small porthole to see out of. Slow down and increase the distance between you and the vehicle in front of you. Even if a road looks clear there can still be black ice.



Slips and falls are one of the leading causes of mishaps. The greatest number occur while walking down stairs and on sidewalks during inclement weather. Wear footwear designed for winter. When walking on ice, point your feet out slightly like a penguin. Spreading your feet while walking increases your center of gravity. Keep your hands out of your pockets. Watch where you are stepping and go slowly.

Frostbite and Hypothermia





Frostbite is damage caused by extreme cold and causes loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or tip of the nose. Signs of frostbite is skin in very cold and turns numb, hard and pale, blisters, or swelling, joint of muscle stiffness.

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Signs of Hypothermia are shivering and shaking, drowsiness or confusion, or slurred speech.



Wind chill will carry the heat away from your body at an accelerated rate, driving down the body temperature even faster.



Dress appropriately for winter weather conditions. Wearing the right clothing can do two things: keep you warm and make you more visible. Wear warm clothing to include a hood or scarf around your head and appropriate footwear. Mittens will keep your hands warmer than gloves.