

# Environmental Health and Safety

November 2015



## Winter Awareness

More than 1,300 people in the United States are killed in vehicular accidents on snowy or icy roads each winter.

Approximately 1,300 deaths each winter are caused by exposure to freezing temperatures.

Approximately 600,000 people in the U.S. are hospitalized each year due to falling on snow or ice.

Road salt reduces the amount of crashes by 88%, and the amount of injuries from snow and ice by 85%.



During the cold months of winter, it is important to be aware of the potential hazards of snow and ice. The best way to keep yourself safe is knowing how to stay warm and prepare yourself and family for emergencies.

Emergencies in cold weather can happen when you are in your home, driving your vehicle, or walking on snow and ice. There are plenty of ways to make these places as safe as possible. These include knowing how to dress properly, how to winterize your home, and how to prepare your vehicle for the possibility of an accident during cold weather conditions.

The facts and tips provided in this newsletter will provide you with the knowledge of how to stay safe and warm during the winter.

## Prepare Your Home

Keep your home and yourself warm in the winter by preparing with the following tips:

- Install weather stripping and insulation.
- Have a professional check the condition of your heating system to ensure that it is working properly and safely.
- In case your heating system stops working, have a safe backup heating source, as well as smoke and carbon monoxide detectors.
- When travelling outside on foot, wear plenty of warm and waterproof layers, including gloves, hats, and scarfs. Wear thick socks and waterproof boots with proper traction for walking on snow/ice.

## Prepare Your Vehicle

Before going out on the road in snowy or icy weather, complete the following checklist in order to avoid an emergency situation:

- Have a mechanic check the condition of all major systems in your vehicle.
- Prepare for emergencies by stocking your car with materials that will keep you warm and safe: blankets, layers of clothing, hand and foot warmers, nonperishable foods, water and a first aid kit.
- Also prepare for emergencies by keeping tools for vehicle maintenance: jumper cables, flashlights and batteries, spare tire and tire chains, tool kit, shovel and ice scraper.



## Resources

[NSC: Winter Safety Tips](#)

[CDC: Be Prepared to Stay Safe and Healthy in Winter](#)

[Safe Winter Roads: Winter Roads Statistics](#)

[How to Dress in Cold Weather](#)

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**Don't learn safety by accident**