



# Snow and Ice Bulletin

Snow and ice present different hazards than just lower temperatures. Dress properly before traveling.

## Personal protection

- Dress in layers and keep dry. Cover extremities (head, hands, feet), especially if they could get wet.
- Develop a family communication plan in case you are separated when the snow event occurs
- Know the symptoms of cold-related health issues such as frostbite and hypothermia and seek medical attention if health conditions are severe ([emergency.cdc.gov/disasters/winter](http://emergency.cdc.gov/disasters/winter))
- Bring your pets indoors or ensure they have a warm shelter area with unfrozen water

## At Work

- Walk in areas that have been cleared and deicer applied
- Be careful when walking through snow covered areas that may be covering ice
- Take extra time when traveling to meetings so you don't try to rush through the snow
- Walk like a penguin. Point your feet slightly out and shuffle as you walk over ice.
- Report facility issues to your building manager, the Work Coordination Center 737-2969, or Public Safety for response

## At Home

- Be prepared for power failures and loss of electrical heat
- Have extra blankets on hand, working flashlights, and food that can be eaten without being heated
- Use non-flame devices to provide light. During power outages, there is an increased risk of home fires due to unattended candles or other burning devices.
- Keep a water supply available that won't freeze
- Check your smoke and carbon monoxide detectors to make sure they are working properly.
- Conserve fuel and heat. Close doors to unused or underutilized rooms.
- Do not drink alcoholic or caffeinated beverages. They cause you to lose heat more rapidly
- Infants and elderly require extra attention due to sensitivity to temperature fluctuations

## In your Car

- Make sure your vehicle has an emergency kit that includes an ice scraper, blanket and flashlight – and keep the fuel tank above half full.
- Before you travel, tell people where you are going and when to expect your arrival
- Check ODOT Tripcheck before you travel ([tripcheck.com](http://tripcheck.com))
- If you have to travel, leave extra time for the trip
- Invest in good snow tires and mount them before the snow storm arrives

## References

<http://www.ready.gov/natural-disasters>

<http://emergency.cdc.gov/disasters/>

<http://www.weather.com/life/safety/>

[http://www.disastersrus.org/emtools/hazard\\_specific\\_pages.htm](http://www.disastersrus.org/emtools/hazard_specific_pages.htm)

<http://bss.fnal.gov/fire/walking-safely-on-ice.pdf>

## **Practice COLD when dressing for outdoors**

<http://phc.amedd.army.mil/topics/discond/cip/Pages/ColdCasualtiesInjuries.aspx>

- Keep your clothing **Clean**
- Avoid **Overheating**
- Wear clothing **Loose and in layers**
- Keep clothing **Dry**