

Staying Safe

A Program of the Racine County Traffic Safety Commission and...



Safe Sober



Wisconsin Department of Transportation



Sponsored by:



WINTER SAFETY

SNOWMOBILE SAFETY

- Always wear a proper fitting and approved helmet
- Slow down: Speed is a contributing factor in nearly all fatal snowmobiling accidents. Drivers should proceed at a pace that will allow ample reaction time for any situation. Drive at moderate speeds, and drive defensively, especially after sunset.
- Drive Sober Drive Safe: Avoid alcohol. Zero Alcohol keeps you safe. Drinking alcohol before or during snowmobiling slows your reactions, impairs your judgment and is a leading contributor to snowmobiling deaths. Drive Sober Drive Safe.
- Stay on marked trails or where allowed, on the right shoulder of the road. Be alert for fences, tree stumps and stretched wire that may be concealed by snow.
- Avoid traveling across bodies of water when uncertain of ice thickness or water currents. Rapidly changing weather and moving water in streams and lake inlets also affect the thickness and strength of ice on lakes and ponds. Snow cover can act as a blanket and prevents thick strong ice from forming.
 - Carry a first aid kit and dress appropriately, your first aid kit should include but not be limited to; a flashlight, knife, compass, map, etc. Always wear a helmet with goggles or a face shield to prevent injuries from twigs and flying debris and to protect your face from the wind and cold. Wear layers of water-repellent clothing and make sure you have no loose ends that might catch in the machine or tangle in equipment.
 - Know before you go: Every county has a snowmobile trail telephone number to call to see if the trails are open or closed. The telephone number for Racine County Snowmobile Trails is (262)554-0133. You will receive a recorded message providing information as to whether the snowmobile trails are open or closed and this recording is updated as the season progresses. Snowmobiling on established closed snowmobile trails is trespassing and a citable offense.



never go out on the ice alone

SNOW SHOVELING SAFETY

- Warm up your muscles for 10 minutes with light exercise.
- Pace yourself! Take frequent breaks and prevent dehydration by drinking plenty of fluids. If you experience chest pain, shortness of breath or other signs of heart attack, stop immediately and seek emergency care.
- Use a shovel that is comfortable for your height and strength. Space your hands on the tool grip to increase your leverage.
- Try to push the snow instead of lifting it. If you must lift, do it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow and walk to where you want to dump it. Do it in pieces.
- Do not throw snow over your shoulder or to the side. This requires a twisting motion that stresses your back.
- Never stick your hands in the snow blower! Use a solid object to clear wet snow or debris from the chute.
- Do not leave the snow blower unattended when it is running.
 - Add fuel before starting the snow blower.
 - Stay away from the engine!
 - Watch the snow blower cord if you have an electric snow blower.
 - Do not remove safety devices.
 - Keep hands and feet away from moving parts.



BLIZZARD DRIVING

- Stay indoors during the storm.
- Drive only if it is absolutely necessary. Travel during the day and don't travel alone. Keep others informed on your schedule; stay on main roads and avoid back road shortcuts.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
 - Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
 - Let someone know your destination, your route and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
 - Carry an emergency kit in the back seat of your vehicle (in case your trunk jams or is frozen shut,) that includes: *Blankets or sleeping bags, Extra hats, socks and mittens, Flashlight with extra batteries, First-aid kit, Shovel, booster cables and windshield scraper, Water and high-calorie non-perishable food (raisins, candy bars, energy/protein bars), Sand or cat litter to use for traction, Cell phone adapter*
- Stay at least 200 feet behind snow plow operators.



stay indoors during the storm

Sources: http://www.crrel.usace.army.mil/ierd/ice_safety/safety.html, <http://icefishingtheoutdoors.com/safety.html> (Tim Smalley, Minnesota DNR Boat & Water Safety Specialist), <http://toyourhealth.com/impacms/tyh/article.php?id=1254>, <http://orthoinfo.aaos.org/topic.cfm?topic=A00060>, <http://www.ready.gov/winter>

