

# Staying Safe

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



Safe Sober



Wisconsin Department of Transportation



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# WINTER SAFETY

Never go out on the ice alone



## SNOWMOBILE SAFETY

- **Slow down:** Drive at moderate speeds, and drive defensively, especially after sunset.
- **Drive Sober Drive Safe:** Drinking alcohol before or during Snowmobiling slows your reactions, impairs your judgment, and is a leading contributor to snowmobiling deaths.
- **Avoid traveling across bodies of water** when uncertain of ice thickness or water currents.
- **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.
- **Safety first:** Carry a first aid kit and dress appropriately. 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**. Snowmobiling on established closed snowmobile trails is trespassing and a citable offense.

## STAY INDOORS DURING THE STORM



## BLIZZARD DRIVING

- **Stay indoors during the storm.**
- **Drive only if it is absolutely necessary.**
- **Stay at least 200 feet** behind snow plow operators.
- **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.

## SNOW SHOVELING

- **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 snow and walk to where you want to dump it. Do it in pieces.
- **Never stick your hands in the snow blower!** Use a solid object to clear wet snow or debris from the chute.

## IF YOU FIND YOURSELF CAUGHT IN THE COLD...

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.

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.

