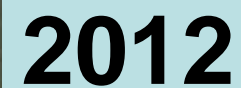




WINTER



2012



**ARMY SAFE
IS ARMY STRONG**

WINTER SAFETY TOPICS

- **SAFE WINTER DRIVING**
- **COLD WEATHER INJURY**
- **OUTDOOR SAFETY**
- **HOME SAFETY**



VEHICLE SAFETY TOOLS

IMCOM SAFETY WEBSITE

- http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/index.html

ARMY COMBAT READINESS CENTER

- <https://safety.army.mil/>

WINTERIZE YOUR VEHICLE

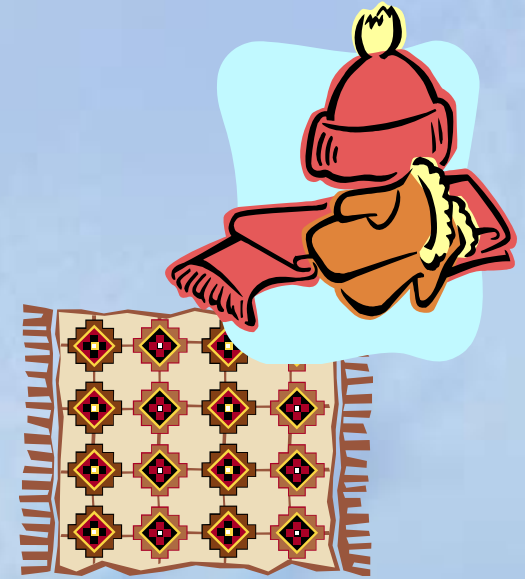
- 🚗 BATTERY
- 🚗 ANTIFREEZE
- 🚗 WIPERS & FLUID
- 🚗 IGNITION SYSTEM
- 🚗 THERMOSTAT
- 🚗 LIGHTS
- 🚗 KEEP AT LEAST ½ TANK OF GAS
- 🚗 ALL SEASON OR WINTER TIRES



- 🚗 HAZARD LIGHTS
- 🚗 EXHAUST SYSTEM
- 🚗 HEATER
- 🚗 BRAKES
- 🚗 DEFROSTER
- 🚗 OIL LEVEL

WINTER CAR KIT

- SNOW BRUSH W/ SCRAPER
- FLASHLIGHT W/ BATTERIES
- BLANKET
- MITTENS, SOCKS & HAT
- SMALL SHOVEL
- SACK OF SAND OR KITTY LITTER
- JUMPER CABLES
- HAZARD TRIANGLE
- WINDSHIELD WASHER FLUID
- REFLECTIVE SAFETY VEST
- FIRST AID KIT



BE PREPARED

BRING YOUR FRIENDS



DRESS FOR THE WEATHER



AUTOBAHN HAZARDS

Slow your autobahn speed in poor weather – triple your following distance.



AUTOBAHN HAZARDS

**Most autobahn accidents occur at the exits.
Anticipate tight curves and ice – slow down.**



PEEP HOLE DRIVERS

**GET THE BIG
PICTURE,
CLEAR ALL ICE AND
SNOW BEFORE
DRIVING.**



**LEAVE EARLIER!
DON'T BE A PEEP HOLE
DRIVER!**

WINTER DRIVING



Call for Road Info: 06371-47-2653
(COLD) or 480-2653
Listen to AFN Radio

Green

Normal driving for all vehicles.

Amber

Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.

Red

Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.

Black

Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

WINTER DRIVING

- **SLOW DOWN – Triple your following distance from car ahead**
- **Stay in plowed lanes**
- **To switch lanes – Slow down, signal, and move over slowly**
- **Steer in the direction of the skid**
- **For braking use gentle pressure only**
- **Long drives are stressful, get 8 hours sleep prior and breaks every 2 hours**

Black Ice

- Dull Sheen on Road
- Frost on the Windshield
- Expect & Plan for Ice
- Bridges Freeze First
- No Cruise Control
- No Sudden Turns, Braking or Acceleration
- Increase Following Distance
- Have Good All Season or Winter Tires



WEAR YOUR SEATBELT!



Always wear your safety belt



A Law You Can **LIVE** With

COLD WEATHER SAFETY



COLD WEATHER INJURIES

- Hypothermia
- Frostbite
- Chilblains
- Immersion/Trench Foot
- Dehydration
- Sunburn
- Snow Blindness
- Carbon Monoxide Poisoning



COLD WEATHER INJURIES

- HYPOTHERMIA – Lowering of body's core temp. Body heat lost faster than it can be generated.
- COUNTERMEASURES
 - Stay physically fit
 - Keep active
 - Wear clothes properly and keep them dry (wet clothes=colder)
 - Eat properly and often
 - Drink at least 3.5 quarts of water a day



COLD WEATHER INJURIES

COLD WEATHER COUNTERMEASURES

- Do not wear tight boots and socks
- Use the “Buddy System”
- Carry extra socks and mitten liners
- Move – do not stay still for long periods
- Beware the wind chill
- Watch children carefully for signs of frostbite



Skin Freezes at 28°F

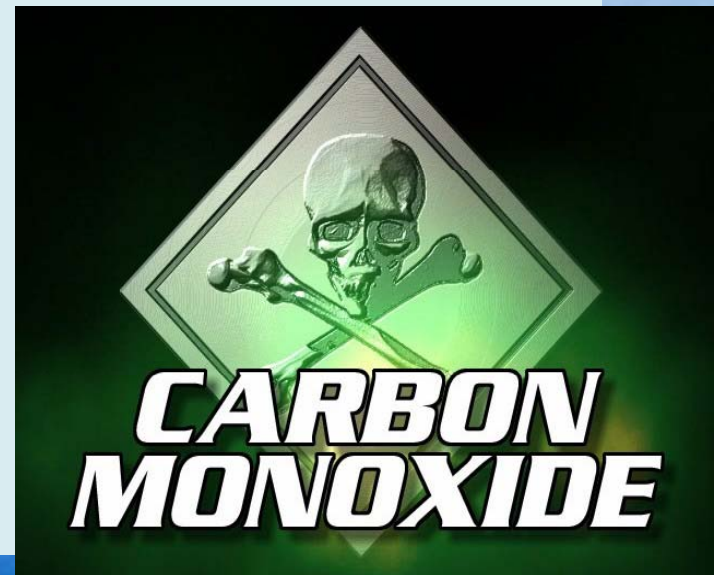
COLD WEATHER INJURIES

CARBON MONOXIDE (CO) POISONING - invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

SYMPTOMS: Headache, dizziness, confusion, yawning, weariness, nausea, ringing in the ears and bright red color on lips and skin

COUNTER MEASURES

- Use only authorized heaters in well vented areas
- No sleeping in running vehicle
- Inspect heating system and fireplaces annually
- Install a CO detector



Slips and Falls

- Leading cause of our lost time accidents
- Snow & Ice Removal Policy
- Have a detail planned to remove snow
- Remove snow then salt the surface



WINTER RECREATION SAFETY

- **THINK SAFETY WHEN PLANNING YOUR ACTIVITIES**
- **GET IN SHAPE AND KNOW YOUR LIMIT!!**



RECREATION SAFETY



Smart Move

- Dress right/wear protective equipment
- Ensure equipment is in good condition
- Know the hazards of the activity
- Follow established activity safety rules
- Know the terrain

RECREATION SAFETY

Take a Lesson

- Skier & snowboarder - lessons from a qualified instructor
- Key to safe skiing/snowboarding is: CONTROL

Be Aware:

- Watch for other skiers/snowboarders
- Snow conditions and changes
- Your technique
- Terrain (Ice)



RECREATION SAFETY

Dress in Layers

- Layers accommodate body's changing temperature
- Dress in polypropylene underwear, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket



Eye Protection

- Always wear eye protection, glasses/goggles on slopes

RECREATION SAFETY

Be prepared.

- Mother Nature is unpredictable
- Bring a headband/hat
- 60 percent of heat-loss is through the head
- Wear proper gloves/mittens



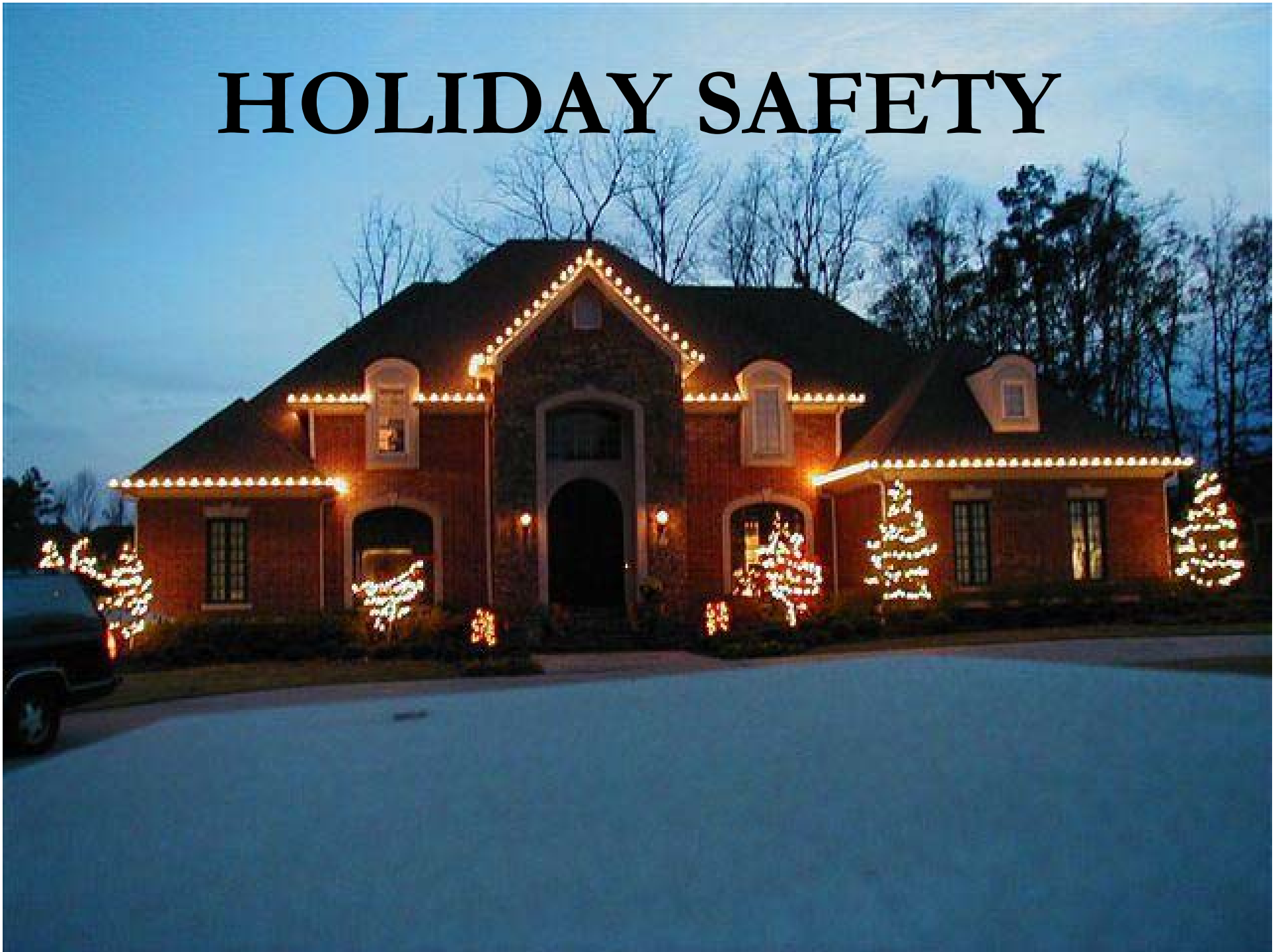
RECREATION SAFETY

Ice Facts

- **Stay off the ice, unless known to be safe**
- **Snow hides cracks and weak areas**
- **Slush is a danger sign**
- **Never be on ice alone – buddy system**

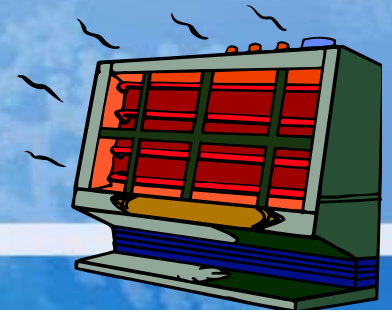
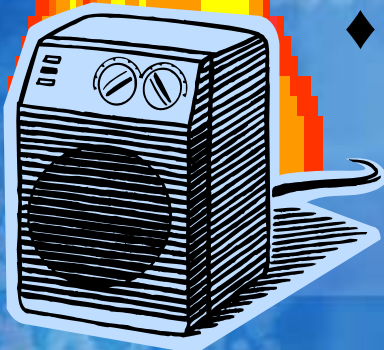


HOLIDAY SAFETY



HEATER SAFETY

- ◆ Plug heaters directly into wall socket, never an extension cord
- ◆ Place heaters where they can not be tipped over
- ◆ Never leave unattended
- ◆ Do not use heaters to dry clothes or other items
- ◆ Keep area around heater clear of clothing and combustible materials
- ◆ Does it have a tip switch?



HOLIDAY LIGHTS

- **Don't use tacks, nails or metal staples to secure light strands**
 - **Use insulated staples**
 - **Pre-installed hooks are safe and convenient**
- **Install lights without power (unplug)**
 - **Avoids shock if you touch overlooked exposed wire**
- **Fasten outdoor lights securely to protect from wind damage**

LADDER SAFETY

- **Fall Protection**
 - Use fall protection if working over heights > 10 feet
- **Ladder Safety**
 - Inspect and use ladder appropriate for the job
 - Second person to hold ladder



USE COMPOSITE RISK MANAGEMENT ALWAYS





Don't Take Unnecessary Risk

**USAG-K SAFETY
OFFICE**

493-4025/4054/4055/4056