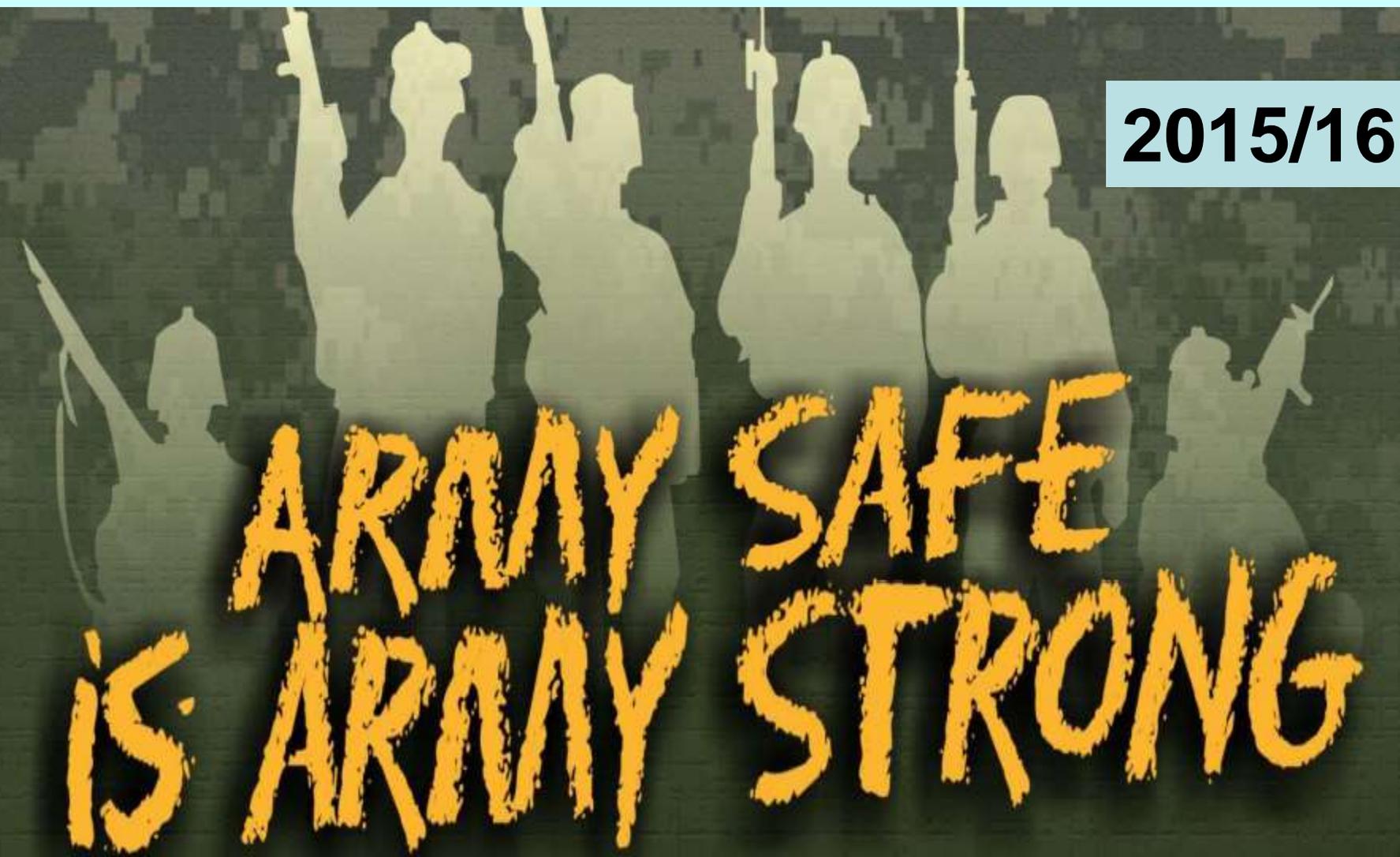




WINTER



2015/16

ARMY SAFE
IS ARMY STRONG

WINTER SAFETY TOPICS

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



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!**

USE COMPOSITE RISK MANAGEMENT

for WINTER DRIVING



Check the following website for road conditions & school closures:
http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/road_conditions/index.asp

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

**CLICK IT
OR
TICKET**



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

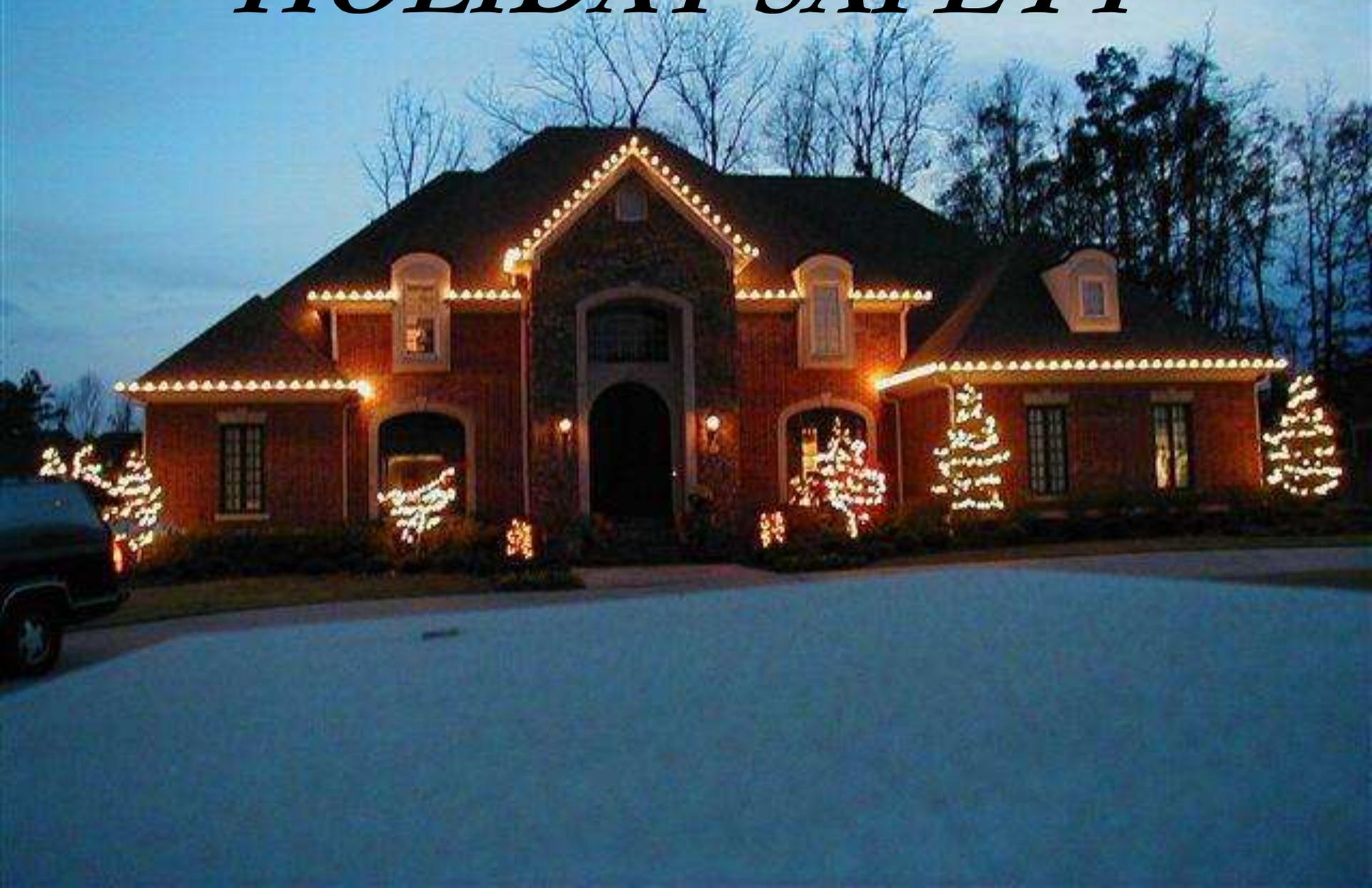


HAPPY HALLOWEEN



- **Kids vs. Cars:**
 - Be reflective or have lights
 - Stay on sidewalks
 - Have a parent with kids
 - No running
- **Costumes:**
 - Use fire retardant costumes
 - Keep candles, heaters, or other flames away from doors and walkways
 - Keep costume short to avoid trips

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 > 4 feet (OSHA)
- **Ladder Safety**
 - Inspect and use ladder appropriate for the job
 - Second person to hold ladder
 - Never stand on the top step



USE COMPOSITE RISK MANAGEMENT ALWAYS

