

## WINTER SAFETY TIPS

STATE REPRESENTATIVE BLY



*With its icy cold and snowy conditions, Minnesota winters often present many safety challenges both inside and out. Being prepared and following simple safety tips can help you and your family stay safe and warm this season.*

*Sincerely,*

**State Representative Bly, 25B**

### Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed
- Replace windshield-wiper fluid with a wintertime mixture
- Replace any worn tires, and check the air pressure in the tires
- Keep a **Winter Survival Kit** in your car (see checklist on other side)

During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

### Prepare Your Home for Winter

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year.

Install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors and storm windows, or thermal-pane windows.

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## Winter Survival Kit for Your Car

Equipping your car with these items will help you be prepared for any winter emergency while on the road.

- collapsible shovel
- windshield scraper
- jumper cables
- road maps
- bag of sand or cat litter (to pour on ice or snow for added traction)
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- tow rope
- basic tool kit
- tire chains (in areas with heavy snow)
- blankets
- first aid kit
- safety flares
- extra hat, mittens, and warm footwear
- mobile phone

### For more Winter Safety Tips, check out these websites:

[www.bt.cdc.gov/disasters/winter/guide.asp](http://www.bt.cdc.gov/disasters/winter/guide.asp)  
[www.severeweather.state.mn.us/WHAW\\_OWS\\_information.html](http://www.severeweather.state.mn.us/WHAW_OWS_information.html)

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If you are going on a long road trip or you plan on travelling through remote areas you should also consider keeping these items in your car as well.

- compass
- tool kit
- paper towels
- container of water and high-calorie canned or dried foods and a can opener
- a can and waterproof matches (to melt snow for water)
- brightly colored cloth
- radio
- duct tape
- extra clothing, including wind-proof pants

## OUTDOOR SAFETY TIPS

Dress warmly and stay dry. Wear a hat, scarf and mittens when outside. Dress in loose layers for optimum warmth.

If stranded in your car, stay with the vehicle. Run the motor for about ten minutes every hour for heat. Be as visible as possible! Turn on the dome light when running the engine. Tie a colored cloth (preferably red) to your antenna or door. After the snow has stopped falling raise the hood indicating trouble.

If you are stranded outside during a storm find shelter and stay dry. Cover all exposed parts of the body. If there is no shelter available prepare a lean-to, wind-break or snow cave for protection from the wind. Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

Do not eat snow. It will lower your body temperature. Melt it first.

## STATE REPRESENTATIVE BLY

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(651) 296-7065 • [rep.david.bly@house.mn](mailto:rep.david.bly@house.mn) • [www.house.mn/258](http://www.house.mn/258)

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