



Stranded in a Vehicle

If you are stranded in a vehicle, stay in the vehicle. Call for emergency assistance if needed, response time may be slow in severe winter weather conditions. Notify your supervisor of your situation. Do not leave the vehicle to search for assistance unless help is visible within 100 yards. You may become disoriented and get lost in blowing and drifting snow. Display a trouble sign by hanging a brightly colored cloth on the vehicle's radio antenna and raising the hood. Turn on the vehicle's engine for about 10 minutes each hour and run the heat to keep warm. Also, turn on the vehicle's dome light when the vehicle is running as an additional signal. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

Watch for signs of *frostbite* and *hypothermia*. Do minor exercises to maintain good blood circulation in your body. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. Stay awake, you will be less vulnerable to cold-related health problems. Use blankets, newspapers, maps, and even the removable car mats for added insulation. Avoid overexertion since cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a vehicle can bring on a heart attack or make other medical conditions worse.

 **WINTER SAFETY AWARENESS WEEK** 

Pack A Vehicle Preparedness Kit!

- ✓ Jumper Cables
- ✓ Shovel
- ✓ Snow brush and ice scraper
- ✓ Sand or cat litter for traction
- ✓ Brightly colored cloth to tie to antenna or hang out window
- ✓ Flares or reflective triangle
- ✓ Blankets, warm clothes, gloves, and boots
- ✓ Hand/foot warmers
- ✓ First aid kit and medication
- ✓ Flashlight and extra batteries
- ✓ Snack food, energy bars
- ✓ Cell phone and charger

No one expects to find themselves stranded on the side of the road during a winter storm, but it happens! Your best defense is to be PREPARED by packing an emergency kit for your vehicle.