

ON TARGET: *Safe Talk*

Are You Ready for Winter?



Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Take these steps for your home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Have a safe alternate heating source and alternate fuels available.
- Install a CO detector and learn the symptoms of CO exposure: headaches, nausea, and disorientation.
- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

Don't forget to prepare your car

- Get your car ready for cold weather use before winter arrives.
- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines
- Keep the windshield washer topped off.
- Prepare a winter emergency kit to keep in your car in case you become stranded. Include:
 - Blankets;
 - Food and water;
 - Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - Flashlight, battery-powered radio, and extra batteries;
 - Cell Phone and car charger;
 - First-aid kit.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.