

Newsletter: Wh-ICE-o Serious? SNOW down this Winter!

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Walking (and Driving) in a Winter Wonderland: It's Snow Joking Matter!

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Although the hazards of slip and falls in the winter months are partially mitigated by precautionary measures such as sand and ice melt, care needs to be taken to make sure you aren't a casualty of the freeze.



Getting from Point A to Point B:

- ✳ Wear grip soled shoes. Soles made of rubber or neoprene composite are a great choice. Leather or plastic soles are a sure-fire way to slip!
- ✳ Park in an area that allows you to enter and exit your vehicle without stepping on ice.
- ✳ When you exit your vehicle, use your door for support.
- ✳ Wear gloves so you don't have to put your hands in your pockets. If you slip when your hands are not free, you will not be able to use your arms to regain your balance. If you do fall– do not use your arms to catch yourself– you may break an arm! Roll with the fall by trying to twist and roll backwards. Try to relax and toss any objects you are carrying. You are more important that what you are toting (although coffee is arguable)!
- ✳ Don't be in a hurry! Take short, shuffling steps in icy areas. "Do the shuffle!" ♪ ♪ ♪
- ✳ If it is icy, avoid carrying heavy or awkward items that may cause you to lose your balance.
- ✳ Curl your toes under when walking and walk as flat-footed as possible
- ✳ Try to avoid uneven surfaces and icy curbs.
- ✳ Give walking your full attention– distraction ICE-a bad idea!
- ✳ If you are unsure if a surface is slippery, tap your foot on it first.
- ✳ Wear brightly colored clothes to make yourself easier to spot for unsuspecting motorists.
- ✳ Be proactive– try to run errands before the snow hits!

Newsletter Spotlight

- Walking (and Driving) in a Winter Wonderland
- Snowed Out? Winter Emergency Preparedness
- Making Sense of Common Winter Warnings
- Did You Know? Wyoming Quick Facts



Source: Allegheny College



"Lose some weight, quit smoking, move around more and eat the carrot."

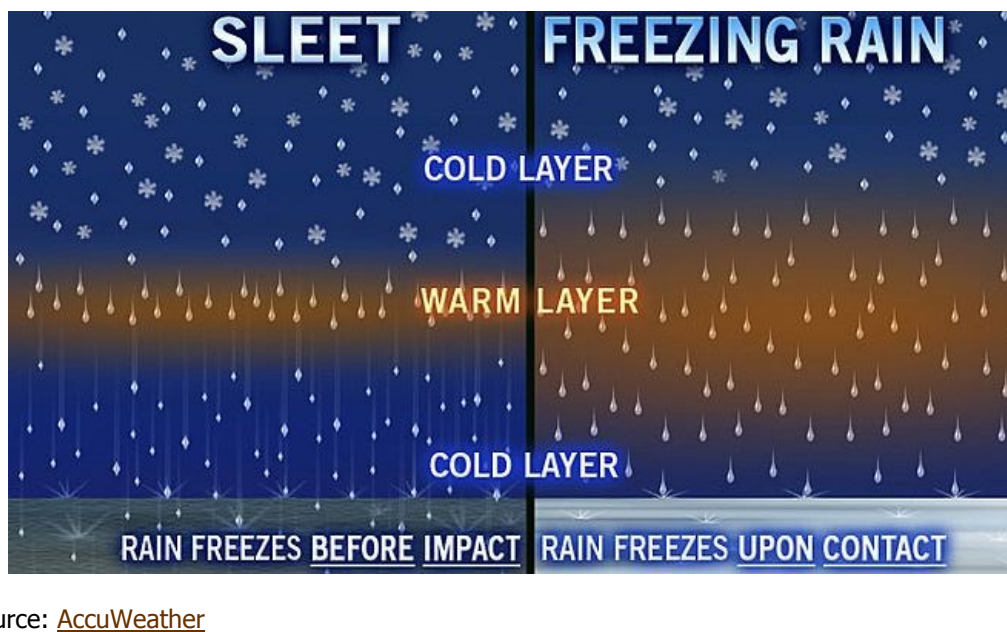
Driving on Ice

- ✳ Plan on extra time to get to work– even if you think your car can get through any amount of snow and ice and you trust your abilities to drive on icy roads. The key to your safety is not your skill level– it's a reduction of speed!
- ✳ Fishtailing or sliding means you are exceeding the safe speed for conditions.
- ✳ As always, never forget to wear your seatbelt!
- ✳ Watch the weather closely. Awareness is preparedness!
- ✳ Be careful when using your brakes. The use of brakes can be counterproductive to safety because excessive brake use can trigger sliding.
- ✳ If you slide, turn your wheels in the direction that the rear of the car is sliding. Look where you want to go, and turn your steering wheel in that direction. If you overcorrect, turn in the opposite direction.
- ✳ Remember that preventing your *own* accident may not be your biggest concern. Other out-of-control vehicles can be a threat to you!
- ✳ If you see an accident or a stranded driver on an icy road, offering direct assistance can put you in danger and cause other accidents. The best thing to do it call 9-1-1 so first responders can block the road and divert traffic.
- ✳ Avoid hills– gravity will prevail!

Source: IcyRoadSafety.com

How to Spot Black Ice

- ✳ Black ice forms when temperatures drop to 32 degrees or below on the surface of the ground, and rain or snow is falling. Cold ground temperatures cause the precipitation to freeze, and ice is created. Refreezing of snow and sleet can also cause black ice to form.
- ✳ Although black ice is difficult to see, use the thermometer in your vehicle to stay aware. Keep in mind that these thermometers are not fool proof. The black ice "primetimes" are at dawn and in the evening because of low temperatures, so be extra cautious.
- ✳ If you slip on black ice– stay calm! Allow your vehicle to pass over it.



Source: AccuWeather

Prepare Yourself for Getting "Snowed Out"

What if you get stuck in a remote place without help? Create a winter survival kit for your vehicle. Consider including the following items:

- ✳ Empty coffee or food can to heat water; 60 inch string cut in to three equal pieces to suspend the can; and three large safety pins to pin the string to the interior of your car's roof.
- ✳ Two inch diameter candle or Sterno to place under the can (to heat snow!)
- ✳ Pocket knife
- ✳ Bright cloth to tie to car antenna or door handle
- ✳ Packets of soup, hot chocolate, tea, bullion cubes, or other items for warmth
- ✳ Plastic spoons
- ✳ High energy foods such as peanuts, candy, and ready-to-eat soups
- ✳ Extra socks and gloves– preferably cotton
- ✳ Extra clothing
- ✳ A good blanket and/or sleeping bag
- ✳ Two books of matches
- ✳ Sunshield blanket or black plastic leaf bags to reflect body heat
- ✳ One flashlight and spare batteries
- ✳ First-Aid kit
- ✳ Toilet paper
- ✳ Fire extinguisher
- ✳ Tool kit
- ✳ Ice scraper with snow brush
- ✳ Shovel
- ✳ Sand or other aid for traction
- ✳ Tow rope/chain
- ✳ Jumper cables
- ✳ Flares or warning lights
- ✳ Gas line antifreeze
- ✳ Plastic whistle
- ✳ Cell phone charger



MAKE SURE YOU ALWAYS HAVE AT LEAST 1/2 TANK OF GAS IN CASE YOU GET STRANDED!

TIP: All of the above items can be stored in a plastic container in your vehicle.

Click [here](#) for a printable list.



What Are All These Warnings Anyway?

Winter Storm Outlook

Winter storm conditions may occur in the next two to five days

Winter Weather Advisory

Winter weather conditions will likely pose significant inconveniences and hazards. With caution, conditions should not lead to life threatening scenarios

Winter Storm Watch

Winter storm conditions may occur in the next 36-48 hours. People in the watch area need to monitor conditions and review winter storm plans

Winter Storm Warning

Severe winter conditions have begun or will begin within 24 hours. Conditions are life-threatening and precautions should be taken immediately

Source: National Weather Service

Happy Thanksgiving!

Did You Know? Wyoming Quick Facts

Wyoming's first Thanksgiving was proclaimed by the governor of the Dakota Territory in November of 1868, four years after President Lincoln proclaimed Thanksgiving a national holiday. In 1869, John A. Campbell, Governor of the new territory of Wyoming, proclaimed that November 18th be deemed a day of "Thanksgiving and Praise."

Turkey dinners were not always the norm in Wyoming. In 1881, there is record of a Thanksgiving dinner of elk, black-tailed deer, and buffalo at Fort Washakie. In 1878, Fort Fetterling ordered 195 pounds of turkey, ten bushels of apples, four pounds of sage, eight pounds of almonds and pecans, eleven pounds of cherries, and 140 codfish from the commissary.

Festive Thanksgiving activities reported by local newspapers included the "Calico Hop" in Sheridan, "unusual quietness" in Big Horn, "Thanksgiving dancers" and a large "taffy pulling attachment" in Lusk, and "nice fresh cultivated Cranberries at the Eagle Bakery" in Laramie.

Source: University of Wyoming; Photo Source: Barry Lawrence Ruderman Antique Maps Inc.

