



## **SAFETY ALERT**

### *How to Lift and Carry Safely*

Driving in perfect weather is hard enough, but when severe weather hits, it is important to take extra precautions. You already know that slowing down and increasing concentration can make a significant difference. But these extra precautions for specific kinds of weather can also help you get to your destination safely.

#### **Tips for driving in ice or snow**

- **Slow down.** Bridges and overpasses freeze first, so take it slow and avoid sudden changes in speed or direction. Watch out for black ice.
- **Keep windows clear.** Visibility is crucial, especially in severe weather. Turn on the lights and wipers and crank up the defroster, if necessary. Scrape the ice off of your windows before you leave to ensure proper visibility. Also, make sure that all items are removed from the back window area. If you are still having trouble seeing, carefully pull over to a safe location well off the roadway.
- **Brake cautiously.** Abrupt braking can cause lock-up and loss of steering control. If you have anti-lock brakes, apply constant, firm pressure to the pedal.
- **Resist the urge to "floor it."** If you get stuck in snow, straighten the wheels, and accelerate slowly. Avoid spinning the tires. Use sand or blocks under the drive wheels.

#### **Tips for driving in rain**

- **Turn on wipers.** Yes, it is obvious, but remember to keep them maintained. A beam wiper blade will provide more uniform contact with the glass in the rain. Wipers should be replaced every six to twelve months for optimal performance.
- **Use headlights.** Visibility is usually compromised in rainy conditions. Headlights can help. All states have laws requiring the use of headlights in low visibility, and many states require headlights when wipers are in use.
- **Keep windows clear.** The defroster or air conditioner may help keep windows and mirrors clear.
- **Be patient.** Take it slower than normal. Leave more room when stopping. Wet pavement may cause loss of traction and lead to sliding or hydroplaning.
- **Go around.** Never cross a flooded roadway because it is tough to tell how deep the water is. Take the time to find an alternate route. The last thing you want is to get caught in a flash flood.
- **Turn off cruise control.** When roads are wet it is best to allow the driver to control speed and react to conditions.

#### **Tips for navigating in the fog**



- **Turn on the low beams and fog lights.** Headlights should be on and set to low beam in the fog.
- **Wait it out.** If you are having trouble seeing, safely pull over to the right side — well out of the traffic lane — and turn on your emergency flashers. Wait until visibility improves before continuing.

### **Tips for handling your vehicle in high winds**

- **Look out.** Keep an eye out for flying debris. And use extra caution near trailers, vans or vehicles carrying lightweight cargo.
- **Some cars should not be driven.** It is best not to drive a trailer, van, or other "high-profile" vehicle (autos with high centers of gravity like SUVs and trucks) in high winds.

### **Severe weather driving tips**

- **Turn on headlights and wipers.**
- **Listen to the radio.** Tune into a local weather station for storm and traffic updates.
- **Never try to outrun a tornado.** Get out of the car and find shelter. If you cannot reach a safe structure, lie down in a ditch or low area. Stay face down to protect yourself from flying debris and cover the back of your head and neck with your hands. Stay alert for flash floods.
- **Do not wait.** Leave low-lying areas and move inland.