

SAFETY NEWSLETTER



Fall and Winter Safety

As Fall and winter present unique safety challenges due to colder temperatures, inclement weather, and specific seasonal activities. Here are some safety ideas and tips for staying safe during the fall and winter months.

Prepare for Cold Weather:

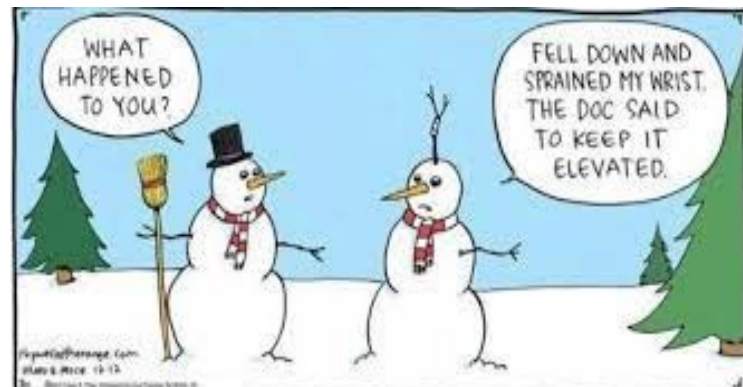
- Dress in layers to stay warm and protect against hypothermia. Cover exposed skin.
- Wear insulated, waterproof boots to keep your feet warm and dry.
- Use hats, gloves, and scarves to protect extremities from frostbite.
- Keep an emergency kit in your car with blankets, warm clothing, and non-perishable food items in case of car trouble.

Safe Driving:

- Equip your vehicle with winter tires for improved traction.
- Keep your gas tank at least half full to prevent fuel lines from freezing.
- Drive at reduced speeds during adverse weather conditions.
- Increase following distance to allow for longer stopping distances.
- Maintain an emergency kit in your car, including a flashlight, shovel, ice scraper, and sand.
- Always carry a coat and warm cloths.

Home Safety:

- Ensure your heating system is well-maintained and operating efficiently.
- Install carbon monoxide detectors and check batteries regularly.
- Use space heaters with caution, keeping them away from flammable materials.





- Have your chimney cleaned and inspected before using the fireplace.

Holiday Safety:

- Be cautious with holiday decorations, ensuring they are fire-resistant.
- Keep candles away from flammable materials and never leave them unattended.
- Avoid overloading electrical outlets and use surge protectors.
- Do not daisy chain extension cords which can cause fires (see left picture)

Prevent Seasonal Illnesses:

- Get a flu shot to reduce the risk of influenza.
- Wash hands frequently to prevent the spread of colds and flu.
- Maintain good indoor air quality by keeping your home well-ventilated.

Winter Sports —————

Safety Gear:

- Use appropriate safety gear, including helmets, goggles, gloves, and protective clothing.

Skills and Guidelines:

- Learn proper techniques for your chosen winter sport, especially for beginners.
- Follow rules and guidelines set by resorts and venues.

Equipment Maintenance:

- Regularly check and maintain equipment.

Know Your Limits:

- Be aware of your skill level and physical abilities.
- Avoid attempting advanced venues beyond your preparedness.

Control and Awareness:

- Always stay in control of your speed and direction.
- Stay mindful of your surroundings.

Backcountry Safety:

- In backcountry skiing or snowboarding, prioritize avalanche awareness.
- Carry appropriate gear and take avalanche safety courses.

Appropriate Dressing:

- Dress appropriately with layered clothing.
- Use moisture-wicking base layers, insulation, and waterproof outer layers.

Hydration and Nutrition:

- Stay hydrated with water and maintain proper nutrition.

Emergency Preparedness:



- Have a plan to respond to emergencies and summon help.
- Monitor weather reports for changing conditions.

Final Note -----

It's a great team member who safeguards their well-being and fulfills their responsibilities to their family and the DWR teammates through practicing safety and healthy living at work and play. Therefore always take a moment to assess your surroundings, identify potential risks, and proactively take measures to prevent accidents, injuries, and equipment damage in absolutely everything you do at home and at work. Your commitment to safety is vital for your own benefit, people around you, and for the well-being of those who rely on you. Stay safe, keep active this winter, and above all have some fun.

References:

[Winter Weather](#) - [Winter Driving Tips](#) - [Winter Safety](#) - [Flu Prevention](#)