



## 6 Tips for Winter Driving

Follow these six tips to ensure that you and your passengers remain safe when driving this winter.

## Maintaining Your Health This Winter

Protect against colds this winter with these five pieces of beneficial advice.



A monthly safety newsletter from

## 6 Tips for Winter Driving

Every day, about 90 drivers are killed in motor vehicle accidents, according to the National Highway Traffic Safety Administration. And, with inclement winter weather making driving conditions more hazardous, that number could worsen. For that reason, be sure to follow these six tips whenever you drive this winter:

- 1. Have your vehicle serviced:** The cold can have an adverse effect on your vehicle. Before the temperature drops, take your vehicle to an auto repair shop to have the battery, tire treads, coolant hoses and wiper blades inspected.
- 2. Assemble a winter emergency kit:** In case you get stranded on the side of the road, you will want to have an emergency kit on hand. Your kit should include the following:
  - An electric flashlight, spare batteries and flares
  - Hand warmers and a thick, heavy blanket (ideally wool)
  - A shovel and ice scraper
  - Jumper cables
- 3. Plan ahead:** Before you get behind the wheel, check the weather forecast. If possible, prepare an alternate route in case of inclement weather or poor road conditions.

- 4. Know your vehicle:** Each vehicle handles winter weather conditions differently. Consequently, you should be aware of your vehicle's capabilities—such as its ability to stop as well as how it handles driving on snow, ice or wet roadways.
- 5. Tidy up:** Before you get behind the wheel, be sure to clean off any snow or ice that may have accumulated on your vehicle—especially on the headlights and taillights as well as the side mirrors.
- 6. Drive smart:** Driving in winter weather requires you to adjust certain rules of the road. Some tips to keep in mind:
  - Speed limits are for dry, clear driving conditions. So, it is okay to drive slower than the posted limit.
  - With suspect road conditions, it is advisable to at least double the standard following distance.
  - To help ensure that other motorists are able to see your vehicle, keep your headlights turned on—even during the day.

By following these tips, you should be prepared for driving in any winter weather conditions.

**According to the Federal Highway Administration, 75 percent of motor vehicle crashes occur in the presence of rain, snow or ice.**



**BALDWIN**  
KRISTYN SHERMAN

## Maintaining Your Health This Winter

Winter has officially begun, and with the falling temperatures comes an increased risk of catching a cold. While colds are generally a non-fatal annoyance, they can nevertheless disrupt your productivity and spoil your schedule due to the fact that they typically last for up to seven days. In order to keep your immune system healthy and capable of fending off colds this winter, follow these five pieces of advice:

1. **Exercise regularly:** Being physically active for just 20 minutes, five days a week can provide a boost to your immune system—effectively cutting your risk of catching a cold in half. Additionally, if you do catch a cold, your symptoms are likely to be less severe and will clear up sooner.
2. **Practice good hygiene:** Wash your hands with soap and hot water for at least 10 seconds. Even after washing, avoid touching your eyes, nose and mouth to prevent any cold viruses from entering your body.
3. **Get plenty of sleep:** By getting at least seven hours of sleep each night, you have less than a 1 in 5 chance of catching a cold.

- **Eat well:** Add plenty of fresh fruits and vegetables as well as whole grains to your diet. These types of foods will provide your immune system with a beneficial variety of vitamins, minerals and other nutrients. Additionally, drink between six and eight glasses of water each day to stay properly hydrated.
- **Be proactive:** If you start to feel ill, take a zinc supplement, as the mineral binds itself to the cold virus. This makes it difficult for the virus to replicate and helps to expedite the recovery process. Additionally, you can use a nasal decongestant spray to reduce inflammation of your sinuses and slow down the production of mucus.

If, despite following these pieces of advice, you still fall ill this winter, be sure to stay home, rest and drink plenty of fluids. However, if your cold lingers for more than two weeks or your symptoms suddenly get worse, visit your doctor right away.



## Safety in NUMBERS 12<sup>3</sup>

Always keep these emergency items handy in your vehicle:

Shovel and ice scraper



Flashlight, spare batteries and flares



Wool blanket



Jumper cables



Hand warmers



## Real-life Case Study

Last year, James began working as a truck driver for a company just outside of Chicago. In the first few months, James quickly became one of the company's best drivers. However, when winter came, James was unprepared.

Despite the fact that the roads were covered in snow, James refused to adjust his driving habits—he did not reduce his speed, increase his following distance or carry a winter emergency kit.

One morning when he was driving to a delivery site, James was running late and driving too fast. His truck began to slide around on the slick highway and he drove into a ditch. Without a blanket or shovel, James was cold and damp as he waited for help.

However, this winter, James assembled a winter emergency kit—complete with a thick blanket, an electric flashlight and shovel—and has adjusted his driving habits. Now, before he gets behind the wheel, James checks the weather and his route and drives at a reasonable speed.