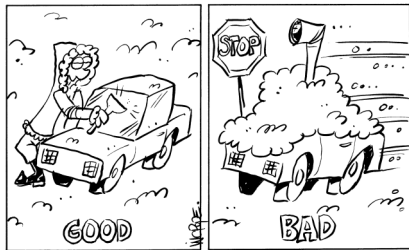


Grand Island Fire Department

Winter Safety Tips



FIRE SAFETY
We all take part

EXTREME COLD

Conserve Heat

Keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors and close draperies or cover windows with blankets at night.

- ◆ **Monitor Body Temperature.** Infants less than one year old should never sleep in a cold room because infants lose body heat more easily than adults and, unlike adults, they can't make enough body heat by shivering. Provide warm clothing for infants and try to maintain a warm indoor temperature. In an emergency, you can keep an infant warm using your own body heat. Take precautions to prevent rolling on the baby. Pillows and other soft bedding can present a risk of smothering; remove them from the area near the baby. The elderly also make less body heat and have lower body fat. If you are over 65 years of age, check the temperature in your home often during severely cold weather. Also check on elderly friends and neighbors to ensure that their homes are adequately heated.
- ◆ **Keep a Water Supply.** Extreme cold can cause water pipes to freeze and sometimes rupture. Leave all water taps slightly open so they drip continuously. Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors under the sink. If your pipes do freeze, do not thaw them with a torch. Instead, thaw them by slowly directing warm air from an electric hair dryer onto the pipes.
- ◆ **AVOID EXERTION.** Cold weather puts an extra strain on your heart. If you have to do heavy outdoor chores, (shoveling snow, etc.), dress warmly and work slowly. Your body is already working harder to just to stay warm, so don't overdo it.

Pedestrian Safety

- ◆ Wear shoes with non-slip soles and good ankle support. Strap-on non-slip shoe treads or cables are also available. Avoid plastic and leather soles.
- ◆ Don't carry large, heavy or awkward loads that can affect balance or block your vision.
- ◆ If the ground is icy, take short steps with slightly bent knees, shuffle your feet, and walk at a slower pace, so you can react quickly to a change in traction. Leave your arms and hands free for better balance.
- ◆ Make sure you are seen by drivers. Make eye contact with an approaching driver and don't proceed if you see the driver isn't paying attention or doesn't acknowledge your presence. If your coat or other outerwear blends in with the surroundings, you become less visible to drivers during the day or night.
- ◆ Always use crosswalks, sidewalks and other designated paths.
- ◆ Hybrids or electric vehicles are extremely quiet when operating, so don't rely solely on your hearing to detect vehicle activity. Snow also muffles vehicle engine sounds.
- ◆ **NEVER** walk in front of or behind a moving vehicle and expect them to stop.



WINTER AUTOMOBILE SAFETY

- ◆ An automobile can be your best friend or worst enemy during winter storms. Get your car winterized before winter arrives. The following items should be checked; ignition system, cooling system, fuel system, battery, lights, tires, heater, brakes, wipers, defroster, oil, and exhaust. Keep water out of your tank by keeping it full.
- ◆ If you travel often during winter, carry a winter storm kit in your car. It should include; a flashlight, windshield scraper, paper towels, extra clothes, matches/candles, booster cables, compass, maps, sand, chains, blankets and high-calorie non-perishable food.
- ◆ Winter travel by car is serious business. If the storm tests or exceeds your driving ability, seek available shelter immediately.
- ◆ Plan your travel. Let others know your plans and estimated time of arrival. Try not to travel alone and drive in convoy when possible.
- ◆ Drive defensively and carefully. Always allow extra time and space when coming to a stop. If you do not have antilock brakes, pump your brakes when trying to stop on snow or ice covered roads.
- ◆ Provide extra space between your car and others to allow for slippery conditions.

HOME SAFETY

- ◆ Keep ahead of advancing winter weather by listening to NOAA Weather Radio, TV, etc.
- ◆ An ice storm will take down power lines, knocking out electricity. Check battery powered equipment and generators before the storm arrives.
- ◆ Check your food and stock an extra supply. Include food that requires no cooking in case of power failure. If there are infants or people who need special medication at home, make sure you have a supply of the proper food and medicine. Make sure pets and animals have shelter and an unfrozen water supply.
- ◆ If appropriate, check your supply of heating fuel, wood, etc.
- ◆ **Never** run a vehicle in the garage. Don't use charcoal indoors, as it gives off large amounts of carbon monoxide. Remember, proper ventilation is essential.
- ◆ Keep flammable materials away from space heaters and do not overload electric circuits.
- ◆ Dress for the conditions when outdoors. **ENSURE THAT CHILDREN ARE PROPERLY DRESSED.** Wear several layers of light-weight, warm clothing: layers can be removed to prevent perspiring and subsequent chill. Outer garments should be tightly woven. For the hands, mittens, snug at the wrists, offer better protection than fingered gloves.



CARBON MONOXIDE

Burning fossil fuels; gasoline, propane, diesel, kerosene, etc., creates carbon monoxide (CO₂), a colorless, odorless and tasteless gas that limits the body's ability to absorb oxygen, a condition that can cause serious health problems, and even death, within a matter of minutes. The first symptoms of carbon monoxide poisoning usually include headache, lightheadedness, dizziness and unexplained sleepiness.

TIPS FOR WINTER CO₂ SAFETY

- ◆ Use battery operated lanterns or flashlights instead of candles and oil lamps during power outages.
- ◆ Keep generators outside of occupied buildings and never run a generator or motor vehicle in an attached garage.
- ◆ Never use fossil fuel powered space heaters in an enclosed room.
- ◆ Keep chimneys, fireplaces and flues clean and never use a liquid fuel to start an indoor fire.

Grand Island Fire Department

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1720 N. Broadwell Ave. 385-5310
- ◆ Station 3
2310 S. Webb Road 385-5337
- ◆ Station 4
3690 W. State St. 385-5387