



For Immediate Release

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National Safety Council, Greater Omaha Chapter Offers Winter Driving Safety Tips

Omaha, Neb, - Nov. 16, 2009 Over the next couple of days, snow with accumulations is expected for the greater Omaha metro area. The following are important tips and reminders to help keep you safe on the road.

“Winter weather can change quickly, and we want to educate everyone on being prepared to help avoid accidents and injury,” said Kay Farrell, president/CEO of the National Safety Council Greater Omaha Chapter. “We encourage everyone to take a few minutes to review these life saving tips.

Driving in the winter means snow, sleet, and ice that can lead to slower traffic, and hazardous road conditions. To help you make it safely through winter, here are some suggestions from the National Safety Council to make sure that you and your vehicle are prepared.

Weather

At any temperature—20 degrees Fahrenheit below zero or 90 degrees Fahrenheit above—weather affects road and driving conditions and can pose serious problems. It is important to listen to forecasts on radio, TV, cable weather channel, or forecasts in the daily papers.

Necessary Equipment

An emergency situation on the road can arise at any time and you must be prepared. Following the tune-up, a full tank of gas, and fresh anti-freeze, your trunk should carry:

- A properly inflated spare tire, wheel wrench and tripod-type jack
- A shovel
- Jumper cables
- Tow and tire chains
- A bag of salt or cat litter
- Tool kit

Essential Supplies

Be prepared with a "survival kit" that should always remain in the car. Replenish after use.

Essential supplies include:

- Working flashlight and extra batteries

- Reflective triangles and brightly-colored cloth
- Compass
- First aid kit
- Exterior windshield cleaner
- Ice scraper and snow brush
- Wooden stick matches in a waterproof container
- Scissors and string/cord
- Non-perishable, high energy foods like unsalted canned nuts, dried fruits, and hard candy

In addition, if you are driving long distances under cold, snowy, and icy conditions, you should also carry supplies to keep you warm, such as heavy woolen mittens, socks, a cap, and blankets.

If You Become Stranded

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Eat a hard candy to keep your mouth moist.

About the National Safety Council, Greater Omaha Chapter

Founded in 1924, the National Safety Council, Greater Omaha Chapter, is a private non-profit, community based organization that promotes safety and health by providing programs, resource services and education to individuals and organizations to prevent both the personal and economic loss associated with injuries, accidents and health hazards wherever they exist. Under the leadership of the National Safety Council, Greater Omaha Chapter, the greater Omaha metro area was recently designated a safe community by the United Nation's World Health Organization (WHO). For more information, visit www.safenebraska.org.