WINTER SAFETY TIPS

Avoiding Slips and Falls - Winter in Rochester can be unpredictable. Snow, sleet and icy roads and walkways can make getting around not only inconvenient, but dangerous. Use these simple precautions to decrease your risk of falling:

- Avoid rushing, in other words take it slowly. Allow extra time to get places in the winter.
- Wear appropriate footgear. Winter boots provide more traction than tennis or dress shoes.
- Carry a cell phone when traveling in inclement weather.
- Don’t be afraid to ask for help. If you have to walk across an icy sidewalk or parking lot, try to find a steady arm to lean on.
- If possible continue your exercise routine indoors, like in a basement. Exercising outdoors on ice or snow can be unsafe and may cause an injury. Be mindful of your neighbors and maintain quiet hours. For additional information on preventing falls, visit the CDC website: www.cdc.gov/features/fallrisks/

Winterizing Your Apartment

Close your storm windows
This is hands down the simplest yet most overlooked way to keep the cold air out. Simply lower your storm windows for the extra layer of protection from winter.

Close windows
Keeping windows closed during the winter will help to keep your apartment warm. This will also help to save energy. If you do open your windows, do not leave them open for an extended periods of time. Never leave the house with your windows open during the winter. Pipes could freeze and or you could end up wasting heat.

Keep doors closed
If you have a large closet or any other rooms that aren’t heated (and don’t need to be), keep the doors closed to minimize the space requiring heating.

Look for any opening at bottom of your doors
You can lose a lot of heat at the bottom of your doors, especially ones with large gaps. You can buy a plastic “door sweep” that runs along the bottom of the door to seal it. You can also use a towel across the bottom of the door is a nice quick fix.

Keep your heat between 55 to 68 degrees when not in your apartment.
This will ensure that the pipes don’t freeze. If you have any questions regarding your heating system be sure to contact the RMI Offices during business hours or call them.

Install curtains/drapes
You might be surprised to know that drapes/curtains will both brighten your space and add a warm layer between you and the dreary weather outside.

Make sure your heat sources aren’t blocked
This may seem obvious, but make sure your furniture is not blocking any vents or radiators! This can have a big impact on how efficiently your home or apartment is heated. Also, make sure the lever is open on your radiator to increase heat circulation.
WINTER SAFETY TIPS

For the Vehicle - Winterizing your vehicle can also ensure that everyone is safe on the road.
- Get a tune-up and be sure to check the battery levels in your vehicle.
- You can also consider purchasing snow tires if you travel a lot.
- Check radiator coolant and sturdiness of hoses and belts.
- Refer to the vehicle’s manual to see if a lighter grade oil is recommended for winter-driving.
- Change burned out headlights, tail lights, and turn signals.
- Check tire tread and wear – minimum tread is 1/16” for adequate traction.
- Make sure brakes are in proper working order.
- Keep spare window washer fluid in the trunk and make sure the washer blades are in good working condition.

Winter Driving Safety Tips - Pay attention to weather reports on the radio.
- Allow time in your schedule for bad weather and/or traffic delays.
- Become familiar with your vehicle’s winter weather operating characteristics.
- Front-wheel-drive vehicles generally handle better than rear-wheel vehicles on slippery roads because the weight of the engine is on the drive wheels improving traction.
- Keep your windows clear of snow and ice and remember to clean head, tail, and brake lights.
- If you need to turn on your wipers turn on your headlights.
- Keep your gas tank at least ½ full if your vehicle will be parked for a long time and/or to prevent your fuel line from freezing-up.
- Leave ample stopping time between you and the driver in front of you. Braking distance can be up to nine times greater on snowy-icy surfaces, than on a dry road.
- If your vehicle is equipped with an Anti-lock Braking System (ABS), be sure to: STOMP - firmly depress the brake pedal. STAY on the brakes - do not pump the brakes. STEER where you want the vehicle to go.
- Gently pump non-ABS brakes to stop the vehicle. Take any corrective action gradually. You need to maintain full control of the vehicle. Refer to the vehicle operations manual for proper methods to correct skids.
- During winter travel, it is best to supply those at your destination with the following information: your cell phone number, departure time, travel route, and anticipated arrival time.
- Lock your vehicle, even in bad weather. If locks freeze, heat the key. Do not pour hot water on the locks - they will refreeze and may cause more damage.
- Drive with extreme caution on bridges and overpasses during freezing temperatures Because bridge temperatures can be 5-6 degrees colder than roadways, they can become slick and icy before roads.
- Stay with your vehicle while warming it up. An unattended running car invites theft.