Weathering Winter at Home

WHAT'S AT STAKE?

Most of us are familiar with winter safety tips for our vehicle. But have you given much thought to prepping your home and family for the long cold winter?

WHAT'S THE DANGER?

Winter cold, snow and ice can lead to frostbite and hypothermia, slips and falls, overexertion injuries such as back injuries and heart attacks, and the possibility of being stuck in your house for several days without electricity, heat and water.

HOW TO PROTECT YOURSELF

Before winter weather hits:

- Stock up - have a supply of several days of food and water and dry, seasoned wood for your fireplace or wood-burning stove.
- Have plenty of blankets and warm clothes ready and stock up on candles, flashlights and batteries.
- Install battery-powered or battery back-up carbon monoxide detectors.
- When using generators remember:
  - People can die from carbon monoxide poisoning when using portable generators indoors, including in attached garages, or too close to the house.
  - Generators should be used only outdoors and should be located at least 20 feet or six meters, away from doors, windows, and vents.
- Have snow shovels and other snow removal equipment ready.
  - Waiting until the threat of a storm could leave you searching for a shovel without much chance of finding one.
  - Keep your snow blower fueled up and have rock salt or other products on hand to melt ice on walkways.
  - Don't forget sand or kitty litter can improve traction if your vehicle is stuck in the driveway.
- Get a weather radio and sign up for alerts and notifications from local emergency services.
- Make a Family Communications Plan.
  - Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Check on elderly or homebound neighbors and relatives; and
- Bring pets inside during winter weather and move other animals or livestock to sheltered areas with non-frozen drinking water.

FINAL WORD

Winter weather doesn't have to mean putting yourself or your family in danger. With a little forethought and planning, you can weather winter successfully! ■

Meeting material to go: *Safety meeting materials such as presentation tips, PowerPoint presentations, quiz answers and more are downloadable at* ***www.SafetySmart.com***

TEST YOUR KNOWLEDGE

1. It is safe to use a generator indoors if you open all the windows.
   ☐True ☐False
2. Pets are always safe outside in cold weather because they are covered in fur.
   ☐True ☐False
3. Sand and kitty litter can help improve traction if your vehicle is stuck in snow.
   ☐True ☐False
4. Having a Family Communications Plan will help family members get back together after an emergency.
   ☐True ☐False

What Would You Do?

The long-range forecast for the weekend is calling for freezing rain and snow. You're not too concerned about it because how often is the weatherman right? What's the safest thing to do?

BEFORE THE TALK PREPARATION TIPS

1. Pass around the Attendance Sheet.
2. Be prepared to discuss emergency and winter weather plans; e.g. what is the company's policy on working remotely when winter weather threatens?
3. Suggested readings and videos:
   - https://www.ready.gov/make-a-plan
   - http://www.getprepared.gc.ca/cnt/rsrcs/sfttps/tp201101-en.aspx

NOTES

AFTER THE TALK CHECKLIST

- ■ Provided extra training to workers who did poorly on quiz
  Date: _____
- ■ Observed workers
  Date: _____
- ■ Refresher training
  Date: _____
- ■ Other (describe)

_____

Date: _____

Date: _____

Location: _____

Meeting conducted by: _____

MEETING WAS ATTENDED BY: Each participant is to sign below, for record kept on file.

Answers to T201611-04 Quiz: **1. False, 2. False, 3. True, 4. True**