



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
330 OLD NISKAYUNA ROAD
LATHAM, NEW YORK 12110



SAFETY MESSAGE 19-04

Winter Driving

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency.

The three P's of Safe Winter Driving:

PREPARE for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets.
For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, and put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps / directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: *stomp on antilock brakes, pump on non-antilock brakes.*
- * Stopping distances are longer on water-covered ice and ice.
- * Don't idle for a long time with the windows up or in an enclosed space.



PROTECT YOURSELF

- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in front of an air bag.
- * Children 12 and under are much safer in the back seat.

PREVENT CRASHES

- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in the road.
- * Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- * If you are planning to drink, designate a sober driver.

For more information on Winter Driving Safety Tips, visit:

<https://safety.army.mil/MEDIA/Seasonal-Safety-Campaigns/All-Seasons>

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/>

New York Army National Guard Safety Office Points of Contact:

Safety and Occupational Health Manager:

Alicia Howard
alicia.l.howard.mil@mail.mil
(518) 786-6097

Occupational Health Nurse:

Valerie Schwalbach
valerie.a.schwalbach.civ@mail.mil
(518) 786-4329

Safety Specialist:

Matthew Williams
matthew.s.williams117.mil@mail.mil
(518) 786-6040

Safety Specialist:

Chuck Austin
charles.b.austin2.mil@mail.mil
(518) 786-6121

M-Day Safety Specialists:

MSG Jerry Peace
jerry.l.peace.mil@mail.mil
CW4 Russ Hall
russell.l.hall3.mil@mail.mil