Planning a road trip through snow and ice?

During winter months, keep abreast of weather reports in your area. If snow or ice is predicted, make plans to leave early or arrive later. If you can move a night trip to daylight hours, do so. Not only is visibility better, but if your vehicle is stalled, you are more likely to receive prompt assistance during the daytime.

The following checklist can assist you with preparing your vehicle for winter driving.

- Before leaving, scrape the ice and snow from every window, exterior rear view mirrors, headlights and brake lights.
- Check windshield wiper blades to make sure they work properly.
- Have your anti-freeze/coolant tested to provide the correct level of protection required.
- Make sure your tires are properly inflated.
- Make sure you have a jack, lug wrench and an inflated spare tire in good condition.
- Keep your gas tank at least half-full.
- In rear-wheel drive vehicles, secured extra weight in the trunk may be helpful.
- Before you shift into gear, plan the best route to your destination, avoiding hills, congestion areas and bridges.
- Drive slowly and be alert to the actions of the other drivers. Anticipate cars coming from side streets.
- Keep a light touch on the controls. When driving in snow and ice, smoothness is the key. Sudden moves will almost certainly result in loss of traction on slippery roads.
- Put extra distance between your vehicle and the one in front of you.
- Always drive with your lights on.
- At night, in fog and heavy snow conditions, low beams may be more effective than high beams.
- Keep a light touch on the brakes. Even with anti-lock braking systems (sometimes called ABS), apply light pressure to avoid locking the brakes and causing a skid. Without ABS, pumping the brake pedal should be a smooth action, going from light to firm. Brake early, brake slowly, brake smoothly.
- Keep both hands on the wheel and keep the wheel pointed where you want your car to go.

If you get stuck, generally the best thing is to stay in your vehicle and keep warm while you wait for help. Again, be careful about carbon monoxide, and check your exhaust pipe. Clear away snow, ice, or anything that might be blocking it.

*Last but not least: Let someone know where you are going and when you plan to arrive.*

Safe Winter Walking Tips

- Plan ahead; give yourself sufficient time and plan your route.
- Wear shoes or boots that provide traction on snow and ice: rubber and neoprene composite. Avoid plastic and leather soles.
- Wearing gloves keeps both hands free for balance, rather than in your pockets.
- Keep your eyes on where you are going.
- Look ahead when you walk; a sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Take small steps to keep your center of balance under you.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous.
- Test potentially slick areas by tapping your foot on them.
- Wearing gloves keeps both hands free for balance, rather than in your pockets.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous.
- Test potentially slick areas by tapping your foot on them.
- Use special care when entering and exiting vehicles; use the vehicle for support.

Safety Committee:
- ACD/NESL Peter Harley x1863
- CISL/IMAGe Joan Fisher x1207
- SOARS Karen Smith Herman x2590
- HAOS/NESL Don Kolinski x1548
- FM&S Dave Maddy x1134
- SuSS Milenda Powers x8625
- Security x1139
- UCP/FLA Ligea Ruff x2614
- CISL/NWSC Jeremy Vaughan 307-996-4336
- COMET Hildy Kane x8306
- HR Cyd Perrone x8710
- RAL Inger Barron x8403
- SuSS Elizabeth Kriete x8556
- EOL Sandra Thurn x2069
- DIR/Library/ASP Matthew Ramey x8559
- F&A Kelly Box x8558
- RAF/EOL Randy Klotz x1072
- RAL Diane Simmons x2136
- SuSS Bob Wiley x8554
- CGD/NESL Justin Small x1387
- Spark Natalie Culkin x2585
- F&A Matt Pinter x2522
- MMM Charlie Knight x8940
- SuSS Steve Sadler x8550
- SuSS Anna Vasileva x2409

Links and Emergency Numbers:
- Safety and Security Hotline x1100
- Security x1139
- Track emergencies online @ https://wiki.ucar.edu/display/incident/Home
- Emergency x911
- Emergency @ RAF x9911

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or rwiley@ucar.edu

2012 UCAR Health & Benefits Fair

March 8, 2012
9:00am—2:00pm
CGI-Auditorium

Blood Draw Sessions for Health Fair
(12 hr fast & registration required)

February 1st 7:30-11:30 FL2 1003
February 9th 7:30-11:30 CGI South Auditorium
February 16th 7:30-11:00 ML Damon Room
February 21st 8:00-10:00 Cheyenne Data Center
February 22nd 8:00-11:00 RAF (Jeffco)

Sign up for Blood draws @ the UCAR Health Fair Website:
www.fin.ucar.edu/wellness/healthfairs.html

Did You Know?
- Report ice/snow removal concerns to Mainte-
nance x1120.

Upcoming Safety Classes:

2-2-2012
Fire Extinguisher Training
10:00am - 12:00pm FL2 1002

2-2-2012
CPR Recertification (MERT/Field Campaign Staff Only)
1:00pm - 5:00pm FL2 1002

3-7-2012
Lockout/Tagout
1:30pm - 2:30pm FL2 1002

3-7-2012
Hazard Communication
11:00am - 12:30pm FL2 1002

4-5-2012
Safety Training for Supervisors of Lab/Shop/ Maintenance Employees
1:00pm - 3:30pm FL2 1002

4-4-2012
Workplace Harassment Awareness
1:30pm - 3:30pm ML Main Seminar Room

Register @
HR website: www.fin.ucar.edu/hrisConnect/employee
or by calling Betty Singleton x2005.