Winter Driving
Winter Driving Preparations

**Tires:**
It is recommended to install four winter tires to improve traction on snow and ice.

**Wipers:**
Teflon based wipers are designed for winter driving.

**Windshield Washer Fluid:**
Make sure you’re stocked up with winter-rated washer fluid.

**Snow and Ice:**
Remove snow and ice from your entire vehicle before driving.

**Gas:**
Travel with your gas tank close to full – your vehicle may be your only heat source in the event of getting stuck or stranded.
Winter Driving Preparations

*Winter survival kits* can prove invaluable if you find yourself stuck or stranded or coming to the aid of someone who is. Your kit should contain:

<table>
<thead>
<tr>
<th>Drinking Water</th>
<th>Food (nuts, dried fruit etc.)</th>
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</thead>
<tbody>
<tr>
<td>Waterproof matches</td>
<td>Flashlight</td>
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<tr>
<td>Candle in a small can</td>
<td>Road flares</td>
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<tr>
<td>Whistle</td>
<td>Blanket</td>
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<tr>
<td>First aid kit</td>
<td>Towel</td>
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<tr>
<td>Collapsible shovel</td>
<td>Jumper cable</td>
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<tr>
<td>Cell phone</td>
<td>Rope</td>
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<tr>
<td>Pocket knife</td>
<td>Duct tape</td>
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<tr>
<td>Tool kit</td>
<td>Mittens, toque and boots</td>
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<tr>
<td>Chains or traction device</td>
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Winter Driving: Safety Meeting Topic
Winter Driving Tips

• **Slow down!** Be prepared to allow more travel time, especially during those first snow falls

• Increase your following distances behind vehicles

• Steer smoothly – jerky movements increase your chance of skidding

• Bridges and overpasses freeze first – use caution*
Winter Driving Tips

• Keep your tire pressure up. For every five degree drop in temperature, tires lose one psi

• Road salt takes 20 - 30 minutes to take full effect and works best when the temperature is above – 10 Celsius *
If You Find Yourself in a Skid

• Don’t panic, brake or accelerate
• Look to where you want to go and steer in that direction
• If driving manual, de-clutch to reduce engine braking effect
• If driving an automatic transmission shift to neutral to reduce engine braking effect *
Driving Long Distances

- Check the road conditions and weather before embarking
- Inform someone of your route and estimated time of arrival
- Travel well rested
- Stop to stretch frequently
- Eat light meals and snacks vs. big heavy meals
- Drive with a cooler air temperature, too warm can make you sleepy
- Never use cruise control in adverse weather conditions – when tires slip, the cruise control may respond by accelerating
Getting Stuck or Stranded

• Remain calm
• Do not attempt to walk for help in a snowstorm – stay with your vehicle
• Place emergency lights and flares around your vehicle
• If you can’t dig your way out, shovel snow from around your tailpipe and return to your vehicle *
Getting Stuck or Stranded (cont’d)

• Run the engine for about ten minutes every hour to keep warm. Make sure a window is open (choose a window opposite from the wind)
• Put on warm clothing right away. Don’t wait to get cold to put on extra clothes, socks and toques
• Do simple stretches to increase circulation and maintain warmth
• Keep an eye out for rescuers *
Winter Driving- Remember

Be Prepared and Slow Down to Stay Safe

Enjoy the Winter!