

# United States Air Force Academy



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## DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY  
USAF ACADEMY, COLORADO

13 Sep 04

MEMORANDUM FOR: COMMANDERS, SUPERVISORS AND  
UNIT SAFETY REPRESENTATIVES (USR)

FROM: HQ USAFA/SE

SUBJECT: FALL 2004 SAFETY PACKAGE

1. Congratulations! The USAFA 101 Critical Days of Summer campaign was again a tremendous success, and was our second consecutive summer with zero fatalities. This monumental achievement has happened only twice before in AFA history--the summers of 1999-2000 and 1974-1975. I thank you all for your *outstanding* support and leadership in making this a reality once again.
2. As we ease into the fall and colder weather, we have assembled this safety package to assist supervisors and unit safety reps to advocate personal and professional safety. We will focus the overall USAFA safety awareness campaign using the attached timeline, and encourage you to use the included articles within your unit-level campaigns. As always, your HQ USAFA Safety staff stands ready to speak to your organizations and assist in any way possible. Have a fun and safe season.

//Signed//

H. E. WATERS, JR., Lt Col, USAF  
Director, HQ USAFA Safety

## FALL SAFETY PACKAGE

### SEPTEMBER

Home - Cold Weather Prep \*  
Preparing for the Hunt \*  
Workplace Compliance \*  
Winterizing your Vehicle \*  
Dorm Inspections \*

### OCTOBER

Fire Prevention Week (National Campaign) \*\*  
School Safety (National Campaign) \*\*  
Smart Drivers – Rubber meets the Road \*  
The Tricks for Treats \*  
Alcohol Awareness (USAFA populace) (MADD speaker)  
Project Alert (Substance Abuse for Primary and Secondary Schools) \*\*  
Red Ribbon Week (National Awareness Campaign Promoting a Drug-Free Community) \*\*

### NOVEMBER

CDOT Winter Driving Tips \*  
The Big Chill - Working in Cold Weather \*  
Buckle Up America (National Campaign) \*\*  
Good Eats (Thanksgiving) \*  
Commanders' Holiday Safety Message \*  
Holiday Travel \*  
Great American Smoke Out (National Campaign) \*\*

**\* Supporting material included in this package**

**\*\* Coincides with USAF and National Safety campaigns.**

Note: The HQ USAFA Safety staff is available for briefings. The HQ USAFA/SE office also has a wide selection of video available for checkout.

# Home - Cold Weather Prep

- **Fireplace / Chimney**

Remember to have your chimney cleaned, burn only wood, ensure you have a good fire screen and never leave a fire unattended.



- **Furnace Checked**



Winter is just around the corner and that means the start of another long heating season. Now is the time to make sure your chimney is in good working order. A build-up of creosote can easily cause a fire, while chimneys blocked by birds' or squirrels' nests can cause deadly carbon monoxide gas to enter your home. Have your chimney professionally cleaned each year, and inspected for blockages, cracks or corrosion. A carbon monoxide alarm will provide added protection for you and your family.

# Preparing for the HUNT

On your Colorado hunting trip there are a few items that you should always bring. Remember the weather here can change dramatically in a few hours especially in the high country. Remember it's easier to take things off than it is to put things on that you don't have. Don't get stranded and ruin a hunt because you left an essential item at home.



## Mandatory Items

Rifle & Ammo  
Muzzle & Ammo  
Bow & Arrow  
Hunting License (Hunter Safety Card if needed)

## Hunting and Safety Items

Day Pack  
Toiletries  
Compass  
Water bottle or Canteen  
GPS (or topographic map of area)  
Nylon rope (always comes in handy)  
Waterproof Matches  
Knives (Sharp)  
Survival blanket  
Mirror (for signalling)  
Binoculars  
Ink Pen  
Snacks  
Sunglasses  
Blaze Orange Hat  
Blaze Orange Vest (500 square inches are required in Colorado Hat and Vest or Jacket and Hat cloth type, not plastic)  
Flashlight/Headlamp (New batteries)  
Whistle / Elk Caller



## Comfort and Cleaning Items

Sleeping Bag (-20 Below is recommended)  
Blanket  
Pillow  
Towel  
Tent  
Cooking Gear  
Propane Burner  
Wash Cloth  
Nonscented Soap

# Gun and Bow Hunting Safety Rules

1. Treat your disarmed gun or bow with the same respect that you would with a loaded bow or gun. ALWAYS assume that your gun or bow is loaded and ready to shoot.
2. NEVER, EVER point your gun or bow at anyone when unloaded.
3. Always point your weapon in a safe direction.
4. Keep your safety on until ready to shoot.
5. Do not become anxious and take your safety off of your weapon prior to the shot. That is why the safety is located usually within an inch of the trigger.
6. ALWAYS keep your target IN FRONT of you. That is crucial.
7. Clearly identify your target before you shoot.
8. Always unload your firearm; never climb into a tree stand, climb over a fence, in or over a duck blind with a loaded weapon.
9. Know the range of your weapon. Know how far it will shoot. Know what loads you have in the chamber. Know how accurate you are with a bow and how far that your bow will shoot. Know what is behind your target.
10. Ear safety: Many hunters will sacrifice ear safety so they can hear game coming, especially when deer hunting. Put a soft earplug in the ear closest to your weapon.
11. Always keep your gun clean. I leave the chamber open.
12. As with any piece of equipment, a clean weapon is a functional weapon. This holds true with bows, as well. Check them before use to make sure they are in good working order.



# Workplace Compliance

Office safety and security are commonly taken for granted, many accidents occur during the ordinary work day routine. Accident prevention for the office begins with the following guidelines:

1. Employees are responsible for keeping their individual work areas clean and orderly. Pick up items such as pencils or paper clips and wipe up any spilled liquids. Trips and falls are one of the most common types of office accidents. Good housekeeping is the key to a safe office environment.
2. Haste, when walking between desks results in bruises and falls. Keep electrical cords, computer cables, and other tripping hazards out of aisles and open floor areas.
3. File drawers, desk drawers, and table drawers should be kept closed when not in use. Never open more than one file drawer at a time because the file cabinet may fall forward.
4. Try to distribute the weight evenly in file cabinets. It is preferable to load the lower drawers first.
5. Never use chairs, desks, or other office furniture as a makeshift ladder. Use a stepladder or step-stool. Do not overreach and lose your balance.
6. Make sure the chair you use is properly adjusted. When your feet are flat on the floor, your knees should be slightly above the seat.
7. Keep the blades of paper cutters closed when not in use.
8. Keep your hands clear of electric typewriter carriages while they are in motion.
9. Use a sponge or other wetting device for envelopes. Use rubber finger guards when working with stacks of paper.
10. Be sure that all electrical cords are in good condition. If a machine gives you a shock or starts smoking, unplug it and report it to your supervisor.
11. Typewriters and keyboards for computers should be placed at a comfortable height. When sitting, this height is approximately even with your elbow when your arm is hanging freely.
12. Be very careful when lifting heavy objects such as large boxes of paper and typewriters. Face the object being lifted, pull it close to your body, and lift in a slow steady motion using your legs.
13. When seated, do not reach to your rear to lift objects. Turn your chair to face the item or get out of the chair.
14. When working at video display terminals or computer screens for long periods of time, take five to ten minute breaks every few hours. This will help to reduce eye fatigue.
15. Office chemicals, e.g., copier chemicals, etc., should only be used in areas with adequate ventilation to remove any fumes

# How to Winterize Your Vehicle

## A handy checklist to prepare for Old Man Winter

With night coming early and temperatures dropping, winter is not a good time to have vehicle trouble. Remember, cold weather takes its toll on a vehicle. Prepare yourself for winter with this 12 point checklist.

1. Tune up the motor
2. Check all fluid levels and fill as needed
3. Change the oil
4. Check the anti-freeze
5. Fill wiper fluid reservoir with de-icing solution
6. Check the battery
7. Check the tread and air pressure of tires
8. Inspect the brakes
9. Install good windshield wiper blades
10. Check headlights and signal lights
11. Check belts and hoses, replace as necessary
12. Ensure heater and defroster are in good working condition



You may also want to keep a Cold Weather Kit in your vehicle that contains: Jumper cables, a shovel, snow chains, an ice scraper, towing cables, flares, a blanket, a first aid kit, candles, non-perishable food items, warm gloves, boots, a flashlight, and a cell phone.

### Notes:

- Keep in mind the fact that drops in temperature cause decreases in tire pressure.
- If installing snow tires, do not mix. Use the same size and brand.

## **DORM INSPECTION CHECKLIST**

Initial each item on this list after you check/correct it. ALL occupants must sign at the bottom.

- \_\_\_\_\_ Carpets free of small holes and wrinkles to prevent trips and falls
- \_\_\_\_\_ Minimum of 30" wide walkway to the door (required for fire exit)
- \_\_\_\_\_ Room free of clutter to avoid fire hazard
- \_\_\_\_\_ Occupants cautioned NOT to stand on chairs to reach items in overhead
- \_\_\_\_\_ No loose or broken casters on chairs
- \_\_\_\_\_ Drawers closed immediately after use to prevent leg injuries
- \_\_\_\_\_ No furniture positioned on top of wiring (electrical hazard)
- \_\_\_\_\_ Bookcases stored on floor
- \_\_\_\_\_ Fixtures and furniture in good repair
- \_\_\_\_\_ Windows and screen secure
- \_\_\_\_\_ No exposed wiring that could cause electrical hazard
- \_\_\_\_\_ Electrical outlets in good repair (no cracked plates or exposed wires)
- \_\_\_\_\_ Electrical wiring and comp cables are bundled and dressed
- \_\_\_\_\_ Electrical outlets not overloaded with appliances and equipment
- \_\_\_\_\_ Only power strips equipped with surge protection are used

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## The Tricks for Treats

Kids love Halloween!!! Let's keep it a safe and fun holiday by following these simple rules:

- Young children should always go trick-or-treating with an adult.
- Never trick-or-treat alone. Have at least 2 buddies go with you.
- Plan your entire route and make sure your family knows what it is.



- Costumes should be flame-retardant.
- Candy should be inspected before being eaten. Throw away any items that appear to have been previously opened. If you find any candy that definitely has been tampered with, alert the authorities immediately - their may be other children at risk.
- Kids should only accept treats at the doorway - never enter the house.
- Try to trick-or-treat while it is still light. Bring a flashlight for when it gets dark.
- Walk on sidewalks and only cross streets at intersections. Watch out for cars leaving driveways.
- Don't eat all your candy at once!!! Enjoy it over several days to weeks.



# Buckle Up - The Safe Way To Go!

Contrary to popular opinion, people do not die in automobile crashes. They die from a separate event, one that is caused by the automobile crash. It is called “the human collision.” This collision is a second crash that takes place (usually) inside the car, as the occupant hits the dashboard, windshield, or other interior car parts. And, just as the car crushes and breaks when it hits a tree, the human body crushes and breaks when it hits a steering wheel.



The problem is this: When the car crashes, it stops. But the human body inside continues to move. It keeps going until it hits something that is harder than it is. This is where the injuries - and deaths - occur.

Nothing can prevent this second collision. The only thing that can be done is to reduce its severity. Fortunately, there is a device designed for just that purpose.

It's called a seat belt.

The seat belt gives the body something softer, more “friendly” to hit than the hard, unyielding surfaces of metal and plastic inside the car.

In a crash into a concrete bridge abutment, a car would suffer severe damage, but it would suffer a lot less if it hit a wooden fence. A person is hurt severely in a human collision against a dashboard (even a padded one), but he or she will remain relatively unharmed in a human collision against a nylon seat belt.

What's the choice? Without the belt: Skull fracture, facial lacerations and broken teeth, broken ribs and internal injuries ... and on and on; possible death. With a belt and shoulder harness: Some bruises, perhaps, but probably not very severe ones.

Make your own choice. If the first one doesn't get you!

# TIPS FOR NIGHT DRIVING

Driving at night presents different challenges from driving during the day. Sight distance is limited and drivers do not have the advantage of color and contrast available during daylight hours. The risk of a crash at night is about 40 percent higher than during the day.



Three factors affect night vision: the ability to see under conditions of low light; the ability to see against glare; and the time needed to recover from glare. As we age, our ability to recover from oncoming glare diminishes and our field of view decreases, making it more difficult to drive at night.

**To improve your ability to see and drive at night, here are a few tips:**

- Keep your eyes moving. Search the dark areas ahead and to the sides. Look for flashes of light at hilltops, curves, and intersections that may indicate the headlights of other vehicles.
- Keep all windows and headlights clean. Dirty windows can increase glare. Dirty headlights can reduce efficiency by as much as 90 percent.
- Don't tint your windows, as it reduces visibility.



- Use headlights wisely. Use high beams whenever possible, but return to low beams when following or meeting other vehicles.
- When approaching a vehicle with its high beams on, look to the right edge of the roadway and use the white pavement line to help guide you past the glare.
- Increase following distance by four to five seconds to allow more response time.
- Make it easier for others to see you. Be sure all your exterior vehicle lights work properly. In case of a vehicle breakdown, pull completely off the roadway beyond the end of the guardrail, if possible, and turn on the emergency flashers.

# Use Caution Using Space Heaters

- \* A multidirectional tip-over switch, which turns off the unit if it falls.
- \* An overheat sensor, which automatically turns off the unit if it becomes too hot.

## TO REDUCE THE RISK OF FIRE

Approved



1. Do not place any objects such as furniture, papers, clothes, and curtains closer than 3 feet to the front of the heater and keep them away from the sides and rear when the heater is plugged in.

2. Do not place the heater near a bed because objects such as pillows or blankets can fall off the bed and be ignited by the heater.

3. Always unplug the heater if it is not being used.

4. Avoid the use of an extension cord because the extension cord may overheat and cause a risk of fire. However, if you have to use an extension cord, the cord shall be no.14 AWG. minimum size and rated not less than 1500 watts.

5. It is normal for cord and plug to get warm during use, if plug gets hot, please check condition of wall receptacle.



# Winter Driving Tips

What are CDOT's recommendations for safe winter travel? CDOT recommends that all drivers follow a comprehensive safety plan, including the following:

- Always keep the top half of your gas tank full. It can give you better traction and gives you a bigger margin of error if you get stuck and have to keep the engine running periodically to keep warm.
- If you are stuck in a serious storm do not leave your car. Run the engine periodically and wait for help.



- Carry blankets, water, a flashlight, a shovel, some nutrition bars or even candy bars for sustenance. Winterize your vehicle's safety kit by including extra blankets, sand to help gain traction in the event you become stuck on ice or snow, jumper cables, an ice scraper and lock de-icer.

- Remember that 4-wheel drive does not mean 4-wheel stop. A 4-wheel drive vehicle will not stop any better in icy conditions.

• Be sure of your route. Don't go exploring in the back-country without some local knowledge, especially during a storm or when one is bearing down anywhere near your location. The weather can change quickly and violently in the Rocky Mountains and not necessarily only in the heart of winter.

- Be sure you have good tires. The Colorado State Patrol recommends at least 1/8 of an inch tread depth. All season radials on a front-wheel-drive passenger vehicle are adequate for most situations. Snow tires on most rear wheel drive vehicles are usually adequate. Chain restrictions in Colorado are most often put into effect for commercial vehicles (semitrailer trucks) and do not usually affect passenger vehicles.

- In poor visibility or even whiteout conditions, don't drive faster than you can see ahead. High speeds in poor or no visibility can lead to large chain reaction accidents. Remember you can't see around mountain curves and corners either.



In addition to these winter driving tips, CDOT reminds all motorists to respect winter weather, conduct a pre-trip inspection of your vehicle, leave extra space between your automobile and others on the road, and never drink and drive. Of course, always *buckle up!*

## **Holiday Travel: Safety Tips for Travelers**

During the holiday season, more Americans are traveling than at any other time of year. Whatever your destination or means of transportation keep safety in mind.

To have a safe, healthy, and enjoyable trip, plan ahead and take simple precautions. One important way you can prepare to respond to many common medical emergencies is to assemble a Traveler's First Aid Kit.

The contents of a traveler's First Aid Kit should include copies of prescriptions and important medical information such as lists of allergies and personal medical history forms for each traveler. If you wear glasses or lenses, take along an extra pair and carry your lens prescription with you. If you take medications, remember to pack enough for your trip. Include a first aid manual.

In addition, before you leave home, find out where the hospitals are located at your destination and check with your health plan about coverage of illnesses or accidents while traveling.

### **Tips for those who travel by motor vehicle:**

#### **Before you go...**

Inspect, or have your car inspected. Check brakes, tires, antifreeze, wiper fluid, gasoline, lights, battery, and wipers.

Pack several warm blankets, ample drinking water, flares, and two flashlights with fresh batteries.

Get plenty of rest before you leave.

#### **While on the road...**

Leave early and give yourself plenty of time to make the drive. Don't speed!

Make sure everyone wears seatbelts at all times. Children should ride in the back seat. Children younger than 6 or under 60 pounds should ride in an approved car safety seat appropriate for their height and weight.

Avoid taking over-the-counter medications that could make you drowsy while you drive.

**Never drink and drive!**

# Good Eats!

## *Cool it*

Place turkey in the refrigerator or freezer immediately. Do not refreeze poultry that has previously been frozen.

## *Thaw it*

Never thaw frozen turkey at room temperature. Leave turkey in original package and follow either of the these methods;

- Refrigerator Method: Place turkey on a tray in your refrigerator. Allow five (5) hours per pound for thawing process.

- Cold water Method: In a large container cover turkey completely with cold water. Change water every hour. Allow one hour per pound for thawing process.

***Note: If you have purchased a frozen, pre-stuffed turkey, DO NOT THAW! Cook from frozen state and check product label for further instructions.***

## *Clean it*

Remove neck and giblets from body cavity. Rinse inside and out with cold water. Thoroughly pat dry with paper towels. Always wash hands thoroughly in hot soapy water before handling raw meats and preparing foods.

## *Cook it*

The center of meat should not be pink and the juices should run clear.

When baking, set oven no lower than 325o F or 160o C.

After cooking, refrigerate leftovers. Separate into small portions for fast cooking. To reheat all leftovers, cover and heat until hot and steaming throughout

## *Store it*

*Fresh:* when storing fresh turkey, remove giblets and refrigerate in a covered container for use within two days.

*Frozen:* whole turkeys can be kept frozen for one year, parts for six months. Once the bird is thawed, treat as a fresh turkey and do not refreeze until cooked.

*Cooked:* Cooked turkey products may be stored in a covered container, plastic bag or aluminum foil for up to four days in the refrigerator, or up to three months in the freezer.



# In Colorado DUI is **.08**

**BLOOD ALCOHOL  
CONCENTRATION  
(BAC) CHART**  
Effective July 1, 2004

## REFUSAL TO TAKE BAC TEST RESULTS IN ONE-YEAR REVOCATION OF DRIVER'S LICENSE.

.05% - In Colorado, drivers are presumed to be impaired (yellow area) and are subject to arrest.

.08% - Effective July 1, 2004, drivers are presumed to be under the influence (red area) and are subject to arrest. This is a more serious charge than driving while impaired and the driver's license is immediately confiscated and revoked for three months.

**NOTE:** This blood alcohol concentration (BAC) chart is only a guide and not sufficiently accurate to be considered legal evidence. The figures you calculate are averages. Individuals may vary somewhat in their personal alcohol tolerance. Food in the stomach slows the rate of absorption. Medication, health, and psychological conditions are also influencing factors.



after hours >	1 Drink				2 Drinks				3 Drinks				4 Drinks			
	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1
100	-	-	-	.03	-	.02	.04	.06	.05	.07	.08	.10	.09	.10	.12	.13
120	-	-	-	.03	-	-	.03	.05	.03	.04	.06	.08	.06	.08	.09	.11
140	-	-	-	.02	-	-	.02	.05	.02	.03	.05	.07	.04	.06	.08	.09
160	-	-	-	.02	-	-	.02	.04	.01	.02	.04	.06	.03	.04	.06	.08
180	-	-	-	.01	-	-	.01	.04	-	.02	.03	.05	.02	.04	.05	.07
200	-	-	-	-	-	-	.01	.03	-	.01	.03	.05	.01	.03	.04	.06
220	-	-	-	-	-	-	-	.03	-	-	.01	.04	-	.01	.03	.06

(- = a trace of alcohol)

after hours >	5 Drinks				6 Drinks				7 Drinks				8 Drinks			
	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1
100	.13	.14	.15	.17	.16	.18	.19	.21	.20	.22	.23	.25	.24	.25	.27	.28
120	.09	.11	.13	.14	.13	.14	.16	.17	.15	.17	.19	.20	.19	.20	.22	.23
140	.07	.09	.10	.12	.10	.12	.13	.15	.13	.14	.16	.17	.15	.17	.18	.20
160	.06	.07	.09	.10	.08	.09	.11	.13	.10	.12	.13	.15	.13	.14	.16	.17
180	.04	.06	.07	.09	.06	.08	.09	.11	.09	.10	.12	.13	.11	.12	.14	.15
200	.03	.04	.06	.08	.05	.07	.08	.10	.07	.09	.10	.12	.09	.10	.12	.13
220	.01	.03	.05	.07	.04	.06	.07	.09	.05	.07	.08	.11	.06	.08	.10	.12

1 Drink = 12 oz. beer, 5 oz. wine, 1.5 oz. shot of whiskey



Colorado's statewide campaign to enforce seat belt and child restraint laws.



Buckle Up, Colorado.

## Colorado's Seat Belt Laws

**Seat Belt Law** - The driver is responsible for buckling up and ensuring that all passengers covered by the law are buckled up.

Drivers and front seat passengers must buckle up.

- The minimum fine is \$18.
- Drivers can be ticketed when they are stopped for another violation.

**Child Passenger Law\*** - The driver is responsible for buckling up and properly restraining young passengers in the front and back seats of the vehicle. The law requires the following:

- Infants must ride in a rear-facing child safety seat until they are at least one year old and weigh at least 20 pounds.
- Children ages one to four years who weigh 20 pounds up to 40 pounds must be restrained in a forward-facing child safety seat.
- Children who weigh over 40 pounds or who are at least four years old but less than six years old must be properly restrained in a child booster seat or with a child safety belt-positioning device, unless they are 55 inches tall.
- Children who are at least six years old or at least 55 inches tall, must be properly restrained with the motor vehicle's safety belt.
- The minimum fine is \$58.80
- Drivers can be ticketed for violating the law.

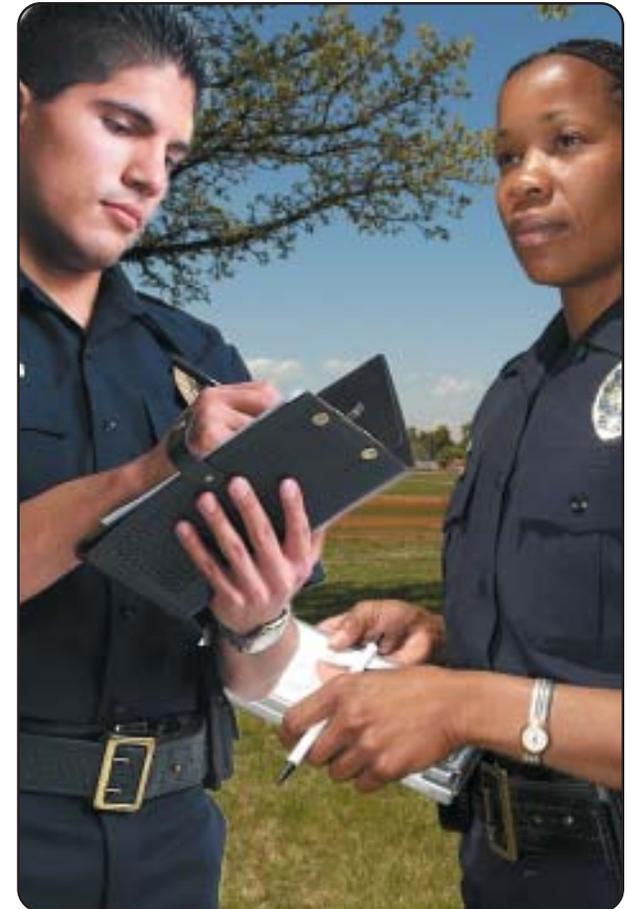
**Graduated Driver Licensing Law** – The driver is responsible for buckling up and ensuring that all passengers covered by the law are buckled up.

Drivers under age 17 are restricted to only one passenger in the front seat and may only have as many passengers in the back seat of the car as there are seat belts. The driver and all passengers must be buckled up.

- The minimum fine is \$40 and two points against the minor's driving record.
- Drivers can be ticketed for violating the law.

For more information about the Child Passenger Safety law and car seats, visit [www.carseatscolorado.com](http://www.carseatscolorado.com). Have a question about car seats? Call 1-800-LUV-TOTS (1-800-588-8387) or in the Denver metro area call 303-239-4625.

## Strictly Enforcing Colorado Seat Belt Laws to Save Lives





## Wondering how a seat belt can save your life, save you money and make your family and friends really happy?

### Take the *Click It or Ticket* Quiz.

#### If I'm in a traffic crash, how can a seat belt help?

- a. Keep the steering wheel out of my chest.
- b. Keep my face from colliding with the windshield.
- c. Keep me from being thrown into other passengers in the vehicle.
- d. Keep me from being thrown out of the vehicle.

**Answer:** All of the above. A seatbelt can keep you in your seat in the vehicle, preventing serious injuries and even death.

#### How many unbuckled drivers and passengers died in Colorado last year?

- a. Nearly 100
- b. Nearly 200
- c. Nearly 300
- d. Nearly 400

**Answer:** c. Nearly 300 (279)

#### If everyone had buckled up how many lives would be saved?

- a. About 10 percent or nearly 28 lives
- b. About 25 percent or nearly 70 lives
- c. About 50 percent or nearly 140 lives
- d. None, seat belts don't make a difference

**Answer:** C. Nearly 140. Each year hundreds of Coloradans face life without their loved ones for one simple reason: they didn't buckle up.

#### If I don't buckle up and I'm thrown out of the vehicle what will happen?

- a. I'll land on a soft grassy spot along side the highway.
- b. I'll end up safe and far away from the crash scene so I can flag someone down for help.
- c. I'll be able to get statements from everyone involved and help the police with their investigation.
- d. I'll fly through the windshield, window or open door and land on the pavement where I could be run over by my own vehicle.

**Answer:** d. The fact is that being ejected from a vehicle is one of the worst things that can happen to you. The other answers are myths.

#### Don't young drivers have a better chance of surviving a traffic crash so they don't need to buckle up?

- a. Young drivers survive more traffic crashes because they listen to better music while they're driving.
- b. Young drivers have better reflexes so they can avoid traffic crashes.
- c. Young drivers can see better so they're better drivers.
- d. Young drivers are nearly four times more likely to crash than the average Colorado driver.

**Answer:** d. Sorry, good music, reflexes and eyesight won't help you survive a crash. Young drivers need to buckle up. Seat belts are the most important factor in surviving a crash and young drivers are most likely to crash.

#### Why would a police officer or state trooper bother to stop someone for a seat belt violation?

- a. Law enforcement officers would rather write tickets than pull another unbuckled dead or seriously injured child, teen or adult from a traffic crash.
- b. Increasing seatbelt use 4.3 percent (from 77.7 percent currently to 82 percent) will save 22 lives and 270 serious injuries annually in Colorado.
- c. Increasing seat belt use 4.3 percent will reduce the economic cost of traffic crashes in Colorado by \$65 million every year.
- d. The Colorado State Patrol and 95 local law enforcement agencies participate in *Click It or Ticket*, a statewide campaign to enforce seat belt laws.

**Answer:** All of the above. Law enforcement officers across Colorado will be writing seat belt tickets. So buckle up and ask others to buckle up. Avoid a ticket; help Colorado save precious resources and save a life - yours or someone you really care about.

## Winter Driving Tips

Help keep your car under control and your winter drive a pleasure by following these easy techniques:

**Maintain Traction** - Start and stop gradually to avoid losing traction in wet or slippery conditions. Drive at steady speeds, avoiding sudden starts or stops. Accelerate slightly when approaching a hill, then maintain steady speed going up. Gearing down ahead of downgrades can help avoid brake wear and reduce the chances of sliding.

**Skids** - Driving sensibly and steadily will avoid most skids. Anticipating turns or lane changes will help. If your vehicle begins to skid, remove your foot from the accelerator or brake and steer in the direction of the skid. When the vehicle steadies itself, turn the wheels straight and proceed.

**Braking** - Be gentle with braking pressure during slippery road conditions. Gentle pumping action on disc brakes will avoid locking the wheels and sending the vehicle into a skid or spin. Anti-lock braking systems provide this action for you. Avoid braking on curves by driving through them at a safe, steady speed. Gear down for going both uphill and downhill.

Four-wheelers can't stop better or faster on ice and snow than 2WD vehicles, even if they are locked into four wheel drive. The heavier the vehicle, the longer it takes to stop, no matter how many drive wheels. Many of the popular sport utility vehicles (SUVs) are heavy and require a greater stopping distance.

### Safety Around Snow Removal Equipment

Colorado's snowplows use distinctive amber and blue lights to warn you well in advance that snow removal operations are underway. When you see these lights, slow down and use caution.

Your best course of action will be to follow well behind the plow with your headlights on, staying away from flying snow and sand which the truck may be spreading to improve traction.

You may also encounter a CDOT truck applying liquid de-icer. Stay back to avoid getting extensive liquid on your windshield.

Avoid driving in the snowplow's blind spots. If you must pass the plow, remember the limited visibility caused by flying snow. Be sure you have enough visibility to avoid the rooster tail of snow coming from the plow's blade. Please do your part by driving safely around Colorado's snowplows.

### Why Does CDOT Use Liquid De-Icers?

Ever wonder what those big tankers are applying to Colorado's highways? CDOT maintenance crews use liquid de-icers like magnesium chloride at the onset of a storm to prevent ice from forming and during and after a storm to break the bond of snow and ice.

**Mobility:** It reduces the formation of snow/ice on the highways and provides a quicker return to bare pavement and higher driving speeds; there is less reliance on the chain law and fewer highway closures.

**Safety:** It reduces accidents caused by snow and ice; there is less sand build-up on the roadway after a storm; the reduction of sand means there is also less damage to vehicle windshields.

**Air Quality:** It does not add air pollutants to the environment like sand does; its use actually helps reduce the pollution caused by sand since CDOT is able to dramatically decrease the amount of sand used on roadways.

**Water Quality:** Sand use can cause more sediment in streams, liquid de-icers have little or no sediment and are less damaging to vegetation and waterways than sand and salt.

**Tip:** Wash your vehicle after snow storms to remove any liquid de-icer build-up.

### Advice From Experts

Colorado's winter driving experts are the Department of Transportation maintenance professionals who patrol and clear the highways. They offer the following tips and advice based on their years of experience:

1. Slow down in winter driving conditions. Most accidents are caused by driving too fast for conditions.
2. Use your low-beam headlights in bad weather, especially where snow is falling heavily or blowing.
3. Don't use your cruise control in slippery road conditions.
4. Remove ice and snow from windows, mirrors, and vehicle lights, both front and rear, as often as necessary.
5. No matter how far you are driving and no matter what the weather conditions, always wear your seat belts.
6. Leave extra room between your vehicle and the one ahead of you in poor visibility and slippery conditions.
7. Your safest place in bad weather is a safe distance behind a snowplow, where you will find the clearest road and the best traction.
8. If possible, avoid driving at all in bad weather conditions. Stay home until the weather improves and the roads clear.
9. A road that has been treated with liquid de-icer may be wet and slippery. It's important to watch your speed, particularly around curves and in canyons.

### Avalanche Information

In avalanche-prone mountain areas, roads may be temporarily closed due to high avalanche danger. Although inconvenient, these closures are intended to protect public safety. Roads will be reopened only when they are determined safe for travel.

From November to April, current information on mountain weather, snow, and avalanche conditions may be obtained by calling the Colorado Avalanche Information Center at 303-371-1080.

### Weather Definitions

**Road Closure** - It is unsafe and unlawful to drive past a road closure at any time for any reason.

**Heavy Snow Warning** - Snow accumulations of 6 inches or more within 12 hours or 8 inches or more within 24 hours are expected at lower elevations, with 8 inches or more in 12 hours and 12 inches or more in 24 hours expected in mountain areas.

**Winter Storm Warning** - Heavy snow is expected, aggravated by blowing and drifting conditions.

**Blizzard Warning** - Sustained or frequent wind gusts of 35 mph or more for at least 3 hours, reducing visibility to less than 1/4 mile, are expected.

### Stuck or Stranded?

If you get stuck on a snowy road, or your car slides off the road, the following guidelines will help you decide what course of action to take:

1. If the road ahead is clear and your car can be dug out, use your shovel and traction mat or sand to free the vehicle. Ease the vehicle out gently and steadily to avoid spinning the tires.
2. If the road ahead is not clear or you slid off the road, and there is no shelter in sight, you are stranded. **Do not leave your vehicle**—it is your only certain source of shelter. Be sure the vehicle exhaust is clear of snow and keep a window slightly open for ventilation. Run the vehicle only a few minutes at a time in order to stay warm. Dress in layers for warmth and cover your entire body with a blanket or sleeping bag. If there are two or more persons, huddle together for warmth.
3. If you are stranded, do not panic. CDOT maintenance crews will be working to open the highways and look for stranded motorists. If you are stranded on a secondary or backcountry road, remain in the shelter of your vehicle until the storm passes so that you can be spotted or can proceed safely on foot.

## BE PREPARED FOR WINTER

Colorado's winter driving conditions can change from sunny to blowing snow within an hour or two. Be prepared at all times, and especially in winter. Know road conditions, know your vehicle, use proper driving techniques for the conditions you find, and have the right emergency gear and equipment along. This brochure provides information to help you.

## WINTER DRIVING BASICS

Be sure your vehicle is in good working condition. Be sure that it is thoroughly checked and all items on the following checklists have been examined.

### AUTOMOTIVE CHECKLIST

- Wiper Washer Fluid
- Antifreeze
- Lights
- Fuel System
- Ignition
- Exhaust System
- Brakes
- Battery
- Heater/Defroster
- Tire Tread
- Wiper Blades

### SAFETY CHECKLIST

- Flares/Reflectors
- Chain/Tow Strap
- Blanket
- First Aid Kit
- Shovel
- Nonperishable Food
- Scraper
- Tire Chains
- Sleeping Bag
- Batteries
- Jumper Cables
- Matches/Lighter/Candle
- Snow Brush
- Flashlight
- Coat/Gloves/Hat
- Sand/Traction Mats

### ROAD CONDITION NUMBERS

For current road information, call 303-639-1111 in the Denver Metro area or outside Colorado. Outside Denver but within Colorado, call toll free 877-315-ROAD. You may also visit the Colorado Department of Transportation web site at [www.dot.state.co.us](http://www.dot.state.co.us).

### Tire/Chain Guidelines

In some cases, drivers may face winter travel prohibitions unless vehicles, including passenger cars, sport utility vehicles, and commercial vehicles, are equipped in certain ways. These could include any of the following:

- Snow tires having adequate tread design or depth to provide sufficient traction
- Four-wheel drive vehicles with adequate tires
- Tire chains

Tire chains are defined as metal chains or other traction devices capable of providing traction equal to or exceeding metal chains under similar conditions.

Studded snow tires are legal in Colorado, but may not be adequate for travel under extreme conditions. Some other states prohibit studded snow tires.



## COLORADO WINTER DRIVING HANDBOOK

### Including:

- Driving Tips
- Snowplow Safety
- Tire & Chain Laws
- Information Sources

Compliments of



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