



# Winter Preparedness

Winter is upon us and the PSF Safety Office would like to remind you of a few things. Blizzards and severe winter driving can and do occur quickly and sometimes without much warning. PSF has a revised 'Severe Weather' Incident Response Guide (IRG), see your departments Emergency Operations Plan (EOP) or go to *Myvirtualworkplace* under *DocuShare* for an electronic version.

Associates should have a "GO" bag with them at work (in a locker or a vehicle) in case the weather (or other emergency event) prevents them from going home. This "GO" bag should contain at least:

- 1 Complete change of clothes.
- Set of toiletries.
- 72 hours worth of medications.
- Personal hygiene items.
- Power bars or other energy food.
- A small cash reserve (to purchase incidentals).
- A plan for accommodating children or other dependent family members if you are required to stay at the hospital.

Likewise, associates should have emergency items in their vehicles in case they are stranded between home and the hospital (or other destination). These items should include:

- a battery powered radio (with fresh batteries),
- flashlight and extra batteries,
- blanket,
- jumper cables,
- fire extinguisher (5 lb. A-B-C- type),
- first aid kit,
- bottled water,
- non perishable high energy foods like granola bars, raisins and peanut butter, and
- a shovel.

Source: [http://www.dola.state.co.us/dem/public\\_information/car\\_winter.htm](http://www.dola.state.co.us/dem/public_information/car_winter.htm)

If you become stranded during a blizzard remember these safety guidelines:

- Pull off the road, set hazard lights to flashing, and hang a distress flag (red bandana or shop towel) from the radio antenna or window. Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about ten minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning. Exercise to maintain body heat but don't over-exert. Huddle with other passengers and use your coat for a blanket.
- In extreme cold use road maps, seat covers, floor mats, newspapers or extra clothing for covering--anything to provide additional insulation and warmth.
- Turn on the inside dome light so rescue teams can see you at night, but be careful not to run the battery down. In remote areas, spread a large cloth over the snow to attract the attention of rescue planes.
- Do not set out on foot unless you see a building close by where you know you can take shelter.
- Once the blizzard is over, you may need to leave the car and proceed on foot. Follow the road if possible. If you need to walk across open country, use distant points as landmarks to help maintain your sense of direction.

Source: [http://www.dola.state.co.us/dem/public\\_information/car\\_winter.htm](http://www.dola.state.co.us/dem/public_information/car_winter.htm)