TRADOC

WINTER SAFETY GUIDE

2006

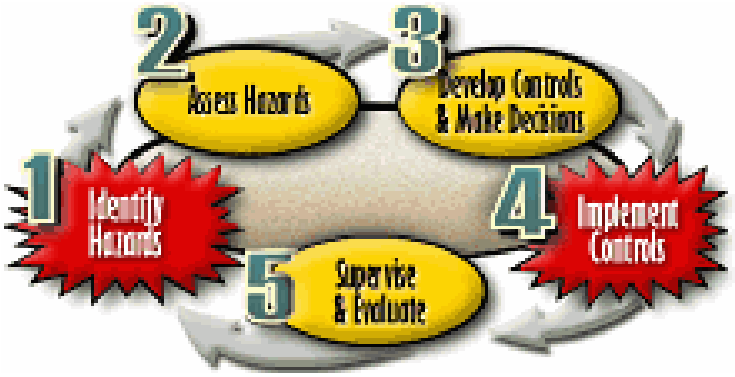
TRADOC Command Safety Office

The winter season is a wonderful time of celebration, festivities, travel, and recreational activities. Poor judgment, failure to wear a seatbelt or motorcycle personal protective equipment, use of alcohol, and reckless behavior are some of the contributing factors that can quickly turn the winter season into an unforgettable tragedy.

The TRADOC Command Safety Office has selected numerous winter safety topics and prepared this 2006 Winter Safety Guide for you to use as training and reference material in your safety training programs. We encourage you to utilize these training aides and tailor the material to fit your installation, organization, and/or school.

Regardless of your plans or scheduled activities, be sure to make safety your top priority. For each senseless loss of valuable human life, there are friends and family that suffer tremendous grief. Do not allow yourself, your Soldiers, civilians, or loved ones to become a statistic.

To minimize or eliminate potential losses and injuries, integrate *Composite Risk Management* into all of your plans and activities:



The TRADOC Command Safety Office wishes everyone a safe and enjoyable winter season!

Winter Safety Guide

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Composite Risk Management

1. IDENTIFY HAZARDS ASSOCIATED WITH POV OPERATIONS.

2. ASSESS THE HAZARDS.

3. MAKE DECISIONS TO CONTROL THEM.

4. IMPLEMENT THE CONTROLS.

5. SUPERVISE EXECUTION.

The Director of Army Safety has prepared a POV Risk Management Toolbox for commanders and leaders. This toolbox provides a comprehensive set of tools and controls that have proved successful throughout our Army.

The toolbox is available at:

https://crc.army.mil/RiskManagement/detail.asp?iData=26&iCat=516&iChannel=25&nChannel=RiskManagement.

The POV Risk Assessment Tool (ASMIS-2) is available at https://crcapps2.crc.army.mil/ako_auth/asmis2/register.aspx.

USE IT. MAKE IT AVAILABLE TO LEADERS AT ALL LEVELS.

Road Rules

During the holidays, privately owned vehicle (POV) accidents increase dramatically as a result of the increased frequency of POV usage, alcohol consumption and irresponsible behavior. You can reduce your risk of an accident by driving defensively and engaging in safe and responsible conduct throughout the holiday season. Do not allow yourself or your loved ones to become a statistic.

- *If you plan on attending holiday gatherings and consuming alcohol, DO NOT DRIVE or ride with those that do. Be sure to designate a driver. Don't allow poor judgment to end your life or the life of someone else.*
- *When you get behind the wheel of the vehicle BUCKLE UP. Ensure children and passengers are also properly restrained. If you ride a motorcycle, wear your helmet and other required personal protective equipment.*
- *Stay alert and drive defensively. Always be alert for that impatient, inexperienced, and all too often, intoxicated <u>other</u> driver. Expect the unexpected.*
- *Always comply with posted speed limits. Adjust your speed during heavy traffic and poor weather conditions. Never speed up to make up for lost time.*

Don't let your holiday season end like this…..

MAYBE YOU SHOULD HAVE CRASHED AT HER PLACE INSTEAD?

FATIGUE KILLS!

Please Drive Responsibly!

DISTRACTED DRIVING

Driver inattention is a major contributor to highway crashes. The National Highway Traffic Safety Administration estimates that at least 25% of police-reported crashes involve some form of driver inattention. Driver distraction is one form of inattention, and is a factor in more than half of these crashes.

Distraction occurs when a driver is delayed in the recognition of information needed to safely accomplish the driving task, because something within or outside the vehicle draws his attention away from driving. The presence of a triggering event distinguishes a distracted driver from one who is simply inattentive or "lost in thought."

Driver distractions or inattentive driving play a part in one out of every four motor vehicle crashes. That's more than 1.5 million collisions a year - more than 4,300 crashes each day!

Inattention Fuels Most Accidents

Many accidents are caused by actions as simple as tuning the radio or as innocent as glancing at a dog on the sidewalk. Carelessness or inattention – even for a second to change the radio station – causes more accidents than anything else.

A report by the National Highway Traffic Safety Administration indicates that inattention caused 68% of rear-end crashes. Other kinds of crashes – backing up, lane changes and merging usually caused by a driver not recognizing an obstacle or by a driver failing to pay attention.

Cell Phones

Using a cell phone while driving increases your chance of getting into a crash by 400%. When dialing a phone number or engaging in intense conversation, you're not watching the road like you should. A "hands-free" apparatus is helpful, but it can't prevent you from becoming involved in a conversation and losing concentration. Your best defense is to pull off the road and stop in a safe place before using your phone.

***TRADOC Commanding General extended the mandatory driver distraction provisions of AR 190-5, Motor Vehicle Traffic Supervision, which prohibits nonhands-free cell phone use on DOD installations, to Soldiers operating POVs off post.*

Have You Been a Distracted Driver?

When driving, do you ever…..

Talk on the cell phone?
Tune the radio?
Eat, drink, or smoke?
Pick something up from the floor or between the seats?
Read, write?
Reach for the glove compartment?
Clean the inside of the windshield?
Argue with another passenger?
Comb or brush your hair?
Break up fights between your kids?
Put on makeup?
Put on contact lenses or use eye drops?
Shave?
File, clip, or polish your nails?

If you answered yes to any of the above, you are driving while distracted and are at risk of an accident. Drivers inadvertently focus their attention away from the road, thus putting themselves and their families/passengers in jeopardy.

How to Avoid Being Distracted

Stay focused and pay attention!

Limit interaction with passengers.
Avoid talking while driving.
Avoid taking your eyes off the road.
Keep both hands on the wheel.

Avoid driver fatigue.

Stay focused on the road.
Don't daydream.
Don't drive if you are tired.
Share the driving responsibilities on long trips.

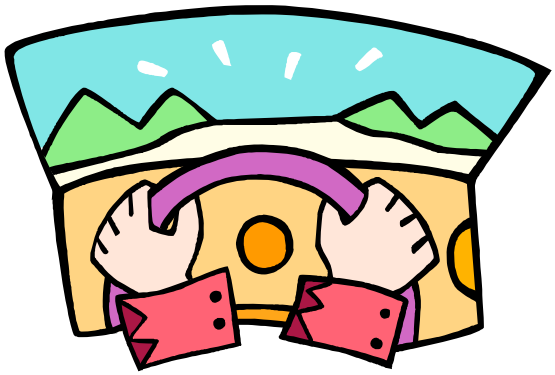
Don't drive when angry or upset.

Emotions can interfere with safe driving. Wait until you have cooled down or resolved problems to drive.

Avoid "gawking" or slowing down to look at a crash or other activity.

If you need to use your cell phone while driving:

Pull off the road and stop in a safe place before using your phone.



TOP 10 REASONS TO WEAR A SEATBELT

10. There are better ways to make an IMPACT.

9. If you were meant to FLY you would have been given WINGS.

8. There are better ways to go DOWN in history.

7. You get a MUCH better view of the road.

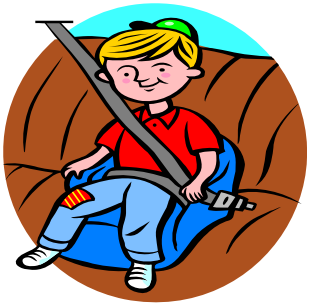
6. MARY KAY does a better makeover than the pavement.

5. VINCE and LARRY have been through ENOUGH.

4. THIS belt matches all outfits.

3. You don't want to be the FIRST at the scene of an accident.

2. It's easier to KEEP friends if you're still ALIVE.



1. YOUR MOTHER TOLD YOU TO!!!


If You're Going To Drink,
Let a Friend Drive

Designated Drivers
and
Army Values

What do they have in common?

Plenty!

Loyalty - ***to friends, family, and unit.***

Duty - ***taking on an obligation to protect others.***

Respect - ***for the rest of society and those who share the roads.***

Selfless Service - ***personal sacrifice for the good of others.***

Honor - ***keeping their promise to be the sober driver in the group.***

Integrity - ***doing the right thing because it needs doing.***

Personal Courage - ***ignoring those who belittle or try to tempt them from their commitment to safeguard lives.***

Designated Drivers deserve our thanks and our respect.

Get Ready….Be Ready

Winter Driving

There's nothing more beautiful than a fresh blanket of new-fallen snow. Unless of course, you're driving in it. Winter snow and ice pose special problems for even the most experienced driver. When you're prepared for winter driving emergencies, you'll be able to say "let it snow, let it snow, let it snow" – and mean it!

✳ **Winterize your Car**. When the weather turns frosty, prepare your car for the season –get a complete tune-up. Ask your mechanic to test brakes, the battery, and the exhaust system. Check fluid levels, add anti-freeze, and switch to winter-weight oil. Install snow tires on drive wheels, and be sure to carry emergency tools in your trunk - sand, salt, shovel, chains, snow-scraper/brush, booster cables, blankets and a flashlight.

✳ **What To Do If You Skid**. The primary problem faced by winter drivers is skidding on slick or icy roadways. If your car should skid, **do not brake.** Instead, take your foot off the accelerator and turn your car in the direction that you want the front wheels to go. Use gentle, steady motions when turning the steering wheel. Turning too much or too fast may cause your vehicle to flip or spin out of control.

✳ **What to Do If You're Stuck**. An equally common problem is getting stuck in the snow – your wheels spin but your car won't move. This is when emergency equipment is most important. Don't continue to spin your wheels; you'll only wind up in a deeper rut. Instead, pour sand, salt, or gravel around the wheels to give them something to grab onto and improve traction. You can also shovel snow away from the wheels and out from under the car to clear a pathway.

✳ **Some General Guidelines.** Whenever driving conditions are less than ideal, it pays to be cautious. Drive slowly, test your brakes frequently and **never tailgate**. Make sure that windshields (front and rear) are clear and that wipers and defrosters are in good working condition. Use low gears when traveling on slick surfaces (especially hills) to give added traction. Listen to weather forecasts, and if weather and visibility are hazardous, stay home!

Did you know that 70% of deaths during snow or ice storms occur in vehicles? It pays to carry blankets or sleeping bags, matches, candles, a snow shovel, sandbags, a flashlight, and non-perishable foods. Be prepared!

Winter Driving Safety Tips

Driving in the snow:

 **If you find yourself driving in the snow, stay alert, slow down and stay in control. These are the three key elements to safe driving in the snow.**

Here are a few other tips for driving in the snow:

- **If you think you may be heading into snow or there is a possibility of driving in the snow, make sure you do a maintenance check on your vehicle before making the trip. Check the vehicle battery, belts and hoses, anti-freeze, oil, lights, brakes, heater and defroster and check the exhaust system for leaks which may allow carbon monoxide to enter the vehicle.**
- **Plan your route ahead of time and give yourself extra travel time. Make sure someone knows your travel plans.**
- **Wear comfortable clothing that does not restrict your movement while at the wheel. Keep warm clothing available for when you exit the vehicle.**
- **Always clear any snow and ice from all windows, lights, mirrors and the roof before driving. After starting the vehicle wait for the interior windows to clear of fog so you will have appropriate visibility.**
- **Make sure there is sufficient windshield washer fluid in the vehicle reservoir and that it is rated for freezing temperatures.**
- **It takes longer to stop on slippery surfaces, so add additional time to the three-second rule.**
- **Know the proper handling procedures for a skidding vehicle.**
- **Slow down in snow and icy conditions, make turns slowly, and make all starts slow and smooth.**
- **Remember that bridges and overpasses may freeze before the regular travel lanes of a roadway. Watch out for black ice, areas of the roadway that appear black and shiny and where your vehicle can suddenly lose traction. Slow down in these areas and keep your foot off the brakes.**
- **If you get stuck or stranded, don't panic. Stay with your vehicle for safety and warmth. Wait for help to arrive. If you have a cell phone and are in an area with cell phone service, try calling for help. Try to always know your exact locations while driving.**
- **Keep your clothing dry. Wet clothing can lead to dangerous loss of body heat.**

Winter Driving Survival Kit:

It's a good idea to keep a winter survival kit in your vehicle if you might be traveling into an area where you could encounter snow. Having essential supplies can provide some comfort and safety for you and your passengers. The following items are recommended for your winter driving survival kit:

- **Ice scraper/snowbrush**
- **Shovel**
- **Sand or other type of traction aid**
- **Tow rope or chain**
- **Booster cables**
- **Road flares or warning lights**
- **Gas line antifreeze**
- **Flashlight and batteries**
- **First aid kit**
- **Fire extinguisher**
- **Small tool kit**
- **Extra clothing and foot wear**
- **Non-perishable energy foods, like chocolate or granola bars, juice, instant coffee, tea, soup, and bottled water**
- **Candles and a small tin can to hold the candle**
- **Water proof matches**

Extra caution and planning will help you stay safe while driving in winter weather.

BLACK ICE

Winter driving conditions can be tricky for even the most experienced drivers. While a snow-covered road can be an obvious driving hazard, a road that just looks wet can also be deceivingly slippery.

Black ice is a dangerous wintertime hazard because the icy road may not always be visible to the driver. Indeed, melted snow or ice that refreezes may still look deceivingly like a dry road. Temperatures don't have to be below freezing for black ice to develop. Black ice can occur if temperatures are near the freezing mark--or even a few degrees above it.

While a shiny road surface indicates an obviously wet or icy road, a road covered with black ice will look a little different. Keep an eye out for pavement that is slightly darker and a little duller looking than the rest of the road surface-- this may indicate that black ice is present. Because black ice is so tricky to detect, a driver may not realize there is an icy road surface until his car begins to slide. Here are some tips on how to drive on black ice:

1. As soon as your car begins to slide on black ice, take your foot off the gas pedal. In fact, the last thing you want to do is give your car more gas. It is very important to slow down when you are driving on black ice or in any other winter road conditions.

2. While it may be a natural instinct to slam on your brakes, this will only cause your car to lose control and slide even more. Tap the brake pedal lightly instead of pushing down hard on it.

3. If you have an idea that there may be black ice ahead (if you see cars ahead of you sliding, for example), downshift to a lower gear before you come onto the black ice. The lower gear will force you to drive more slowly and it will give you better control of your car.

4. If your car does begin to skid on the ice, turn the wheel in the direction of the skid. This should help to steer your car back on the right track.

5. Leave plenty of space between your car and the other cars on the road. When driving on black ice road conditions, stay well behind the car in front of you (at least a couple of hundred feet)--this is definitely not the time to tailgate. Even if you feel confident that you know how to drive safely on black ice, that doesn't mean the driver in front of you does. Be prepared in case other cars start to slide.

6. Don't think you're invincible just because you drive a truck or a big sports utility vehicle. While 4–wheel drive vehicles are great for driving in heavy snow, you're on your own when it comes to driving on black ice. In fact, 4-wheel drive vehicles have no advantage over regular cars when it comes to driving on black ice, so be sure to take the necessary safety precautions no matter what type of vehicle you are driving.

7. Other precautions:

    - Drive with your low beam headlights on even if it is daytime. This will make your more visible to the other cars on the road.

    - Make sure your tire tread is in good condition. Worn tires will make it much more difficult for you to drive on black ice. Make sure there is plenty of traction between your tires and the road surface.

    - Black ice is most commonly found on roads that run around bodies of water (such as lake and rivers), in tunnels and in shady or rural areas. Use extra caution on bridges and overpasses, which are common spots for black ice to form. Even if you have been cruising down the highway with no problem, an overpass or bridge can be unexpectedly icy.

Cold Weather

If you don't know the threat, you really can't fight a battle well. The threat of cold weather is no exception; many generals have lost the battle of the cold. Napoleon learned this in 1812 when, during his retreat from Russia, he lost 250,000 soldiers as a result of the cold. In the Crimean War, (1852-1856), 5,215 French soldiers succumbed to the cold – 1,178 died. During the same war at the battle of Sevastepol, 2,800 British soldiers suffered horrible cold weather injuries – 900 died.

Things didn't get much better early in the 20th century. During World War I, the British had 115,000 cases of all types of cold injuries. During the Dardanelles Campaign, the British had 14,500 cold weather casualties. In World War II, the Germans failed to learn from Napoleon. On the Eastern Front between December 1941 and January 1942, 100,000 soldiers suffered frostbite – 15,000 of those required amputations.

The U.S. Army has not been immune. During World War II, records show 46,000 cold injuries in the European theater from autumn 1944 to spring 1945. In the Korean War, it is estimated that nearly 10 percent of all wounds were cold injuries.

The good news is that we learned valuable lessons from those incidents. Today we have better equipment and training: cold injuries, even during initial deployment to places like Bosnia and Kosovo, are rare indeed. However, they will stay rare only if you know the threat.

That's when a leader's job of protecting soldiers gets tough. Leaders must watch for early signs of cold weather stress in their soldiers.

Plan for the cold

The most important thing is planning for the cold. Make sure you have accurate weather information for the area and time of the mission. Be particularly aware of rain, snow and winds (wet conditions and wind-chill greatly increase chance of injury). Ensure soldiers have appropriate cold weather clothing. If the tactical situation permits, use covered vehicles for troop transport. Have warming tents or areas available if possible. Have warm food and drinks on hand.

Wear the right clothes the right way:

The most important individual preventive measure is the proper wearing of cold weather clothing and boots. Some soldiers think wearing every article of cold weather clothing issued is the way to go. Wrong! This can cause overheating and dehydration, or restrict circulation in the

extremities which can increase the risk of frostbite. All cold weather clothing should be worn loose and in layers. This allows for insulation by air trapped between the layers. Socks should be changed frequently and boots rotated. Proper wear of boots is important. You don't wear jungle boots in the snow, and you shouldn't wear intermediate cold weather boots (Gore-Tex™ lined, like Matterhorn boots) indoors and out, year round. Wet or damp boots need to be dried with warm air whenever possible. If boots are removed at night and moisture in them freezes, it can be just like sticking your feet in ice cubes the next day – a perfect set-up for a cold injury.

It is important to protect the hands and fingers by wearing proper gloves. Nomex aviator gloves may be light and flexible and look cool, but they are designed to protect from fires, not extreme cold, and will do little to protect your hands when they are wet. Unless specially authorized, they should not be worn.

Other contributing factors and preventive techniques

By knowing some of the other factors that contribute to or prevent cold injury, you can further protect yourself.

- **Previous cold injuries:** Soldiers with previous cold injuries are more susceptible to another one. These soldiers must be identified, and first-line supervisors should monitor them closely

- **Tobacco:** Nicotine, regardless if it comes from a cigarette, snuff, pipe, or cigar causes blood vessels to constrict. This is particularly dangerous in the hands and feet and can lead to, or worsen, a cold.

- **Alcohol & caffeine:** These can lead to increased urination, and subsequent dehydration.

- **Meals:** If you skip meals, the first thing the body does is to slow its metabolism. Slower metabolism means less heat production and increased chance of cold injury.

- **Activity:** Huddling up and not moving is the wrong thing to do. The more you move, the more heat you produce. Decreased activity decreases the time it takes to get an injury.

- **Buddy system:** The buddy system is an effective tool to help prevent injuries if soldiers are trained to know what to look for.

- **Self-checks:** A simple self-check is to pinch the fingernail and watch how fast the blood returns to them. The slower the return, the higher the potential for a cold injury to the fingers and toes.

- **Prevention is key: All cold weather injuries are preventable!** Prevention is the responsibility of leaders at all levels, as well as the individual soldier. We have learned the lessons of un-preparedness from soldiers who have gone before us. Cold injuries are always a threat in cold environments; however, only by proper planning and training for cold weather operations can we beat it.

The following chart provides vital and useful information that may be used in an effort to prevent and/or treat those injuries that are associated with cold weather.

Cold Weather Chart

Everything becomes more difficult under cold weather conditions. Tasks take longer and require more effort, liquids freeze, and metal becomes brittle; thus, a leader's job of protecting soldiers gets tougher. Leaders must watch for early signs of cold stress in their soldiers. The most dangerous of these threats are shown in the chart below.

Cold-Weather Injuries

Frostbite

Cause	Symptoms	First Aid
■ Freezing of tissue, normally due to exposure below 37°F.	■ Numbness in affected area. ■ Tingling, blistered, swollen, or tender areas. ■ Pale, yellowish, waxy looking skin (grayish in dark-skinned soldiers). ■ Frozen tissue that feels wooden to the touch.	■ Warm affected area with direct body heat. ■ Consult medical personnel as soon as possible. ■ Do not thaw frozen areas if treatment will be delayed. ■ Do not massage or rub affected areas. ■ Do not wet the area or rub it with snow or ice. ■ Do not expose affected area to open fire, stove, or any other intense heat source.

Chilblain

Cause	Symptoms	First Aid
■ Repeated exposure of bare skin for prolonged periods to temperatures from 20° to 60° F (for those not acclimated to cold weather).	■ Swollen red skin (or darkening of the skin in dark-skinned soldiers). ■ Tender, hot skin, usually accompanied by itching.	■ Warm affected area with direct body heat. ■ Do not massage or rub affected areas. ■ Do not wet the area or rub it with snow or ice. ■ Do not expose affected area to open fire, stove, or any other intense heat source.

Immersion foot (trench foot)

Cause	Symptoms	First Aid
■ Prolonged exposure of feet to wet conditions at temperatures between 32° and 60° F. Inactivity and damp socks and boots (or tightly laced boots that impair circulation) speed onset and severity.	■ Cold, numb feet may progress to hot with shooting pains. ■ Swelling, redness, and bleeding.	■ Rewarm feet by exposing them to warm air. ■ Evacuate victim to a medical facility. ■ Do not massage, rub, moisten, or expose affected area to extreme heat.

Dehydration

Cause	Symptoms	First Aid
■ Depletion of body fluids.	■ Dizziness ■ Weakness ■ Blurred vision	■ Replace lost water. Water should be sipped, not gulped. ■ Get medical treatment.

Hypothermia

Cause	Symptoms	First Aid
■ Prolonged cold exposure and body-heat loss. May occur at temperatures well above freezing, especially when a person is immersed in water.	■ Lack of shivering. ■ Drowsiness, mental slowness, lack of coordination. Can progress to unconsciousness, irregular heartbeat, and death.	■ Strip off wet clothing and wrap victim in blankets or a sleeping bag. ■ Place another person in sleeping bag as an additional heat source. ■ Get victim to a heated location and medical treatment as soon as possible.

5 SEPTEMBER 1999 COUNTERMEASURE

Wind chill in many cases is a contributing factor and plays a direct role in cold-related injuries. The chart below provides information on wind and temperatures as they relate to cold weather injury.

New Wind Chill Chart

Temperature (°F) \ Wind (mph)	Calm	5	10	15	20	25	30	35	40	45	50	55	60
	40	36	34	32	30	29	28	28	27	26	26	25	25
	35	31	27	25	24	23	22	21	20	19	19	18	17
	30	25	21	19	17	16	15	14	13	12	12	11	10
	25	19	15	13	11	9	8	7	6	5	4	4	3
	20	13	9	6	4	3	1	0	- 1	- 2	- 3	- 3	- 4
	15	7	3	0	- 2	- 4	- 5	- 7	- 8	- 9	- 10	- 11	- 11
	10	1	- 4	- 7	- 9	- 11	- 12	- 14	- 15	- 16	- 17	- 18	- 19
	5	- 5	- 10	- 13	- 15	- 17	- 19	- 21	- 22	- 23	- 24	- 25	- 26
	0	- 11	- 16	- 19	- 22	- 24	- 26	- 27	- 29	- 30	- 31	- 32	- 33
	- 5	- 16	- 22	- 26	- 29	- 31	- 33	- 34	- 36	- 37	- 38	- 39	- 40
	- 10	- 22	- 28	- 32	- 35	- 37	- 39	- 41	- 43	- 44	- 45	- 46	- 48
	- 15	- 28	- 35	- 39	- 42	- 44	- 46	- 48	- 50	- 51	- 52	- 54	- 55
	- 20	- 34	- 41	- 45	- 48	- 51	- 53	- 55	- 57	- 58	- 60	- 61	- 62
	- 25	- 40	- 47	- 51	- 55	- 58	- 60	- 62	- 64	- 65	- 67	- 68	- 69
	- 30	- 46	- 53	- 58	- 61	- 64	- 67	- 69	- 71	- 72	- 74	- 75	- 76
	- 35	- 52	- 59	- 64	- 68	- 71	- 73	- 76	- 78	- 79	- 81	- 82	- 84
	- 40	- 57	- 66	- 71	- 74	- 78	- 80	- 82	- 84	- 86	- 88	- 89	- 91
	- 45	- 63	- 72	- 77	- 81	- 84	- 87	- 89	- 91	- 93	- 95	- 97	- 98

Frostbite occurs in 15 minutes or less

$$\text{Wind Chill } (^{\circ}\text{F}) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T = Air Temperature (°F)
V = Wind Speed (mph)

Exercising in Winter

Preventing cold weather injuries

Introduction

Winter weather warrants special precautions for anyone who exercises outdoors. Cold exposure can make outdoor activity dangerous or at least uncomfortable for unprepared athletes. It is important to be aware of the early warning signs and symptoms of cold exposure.

Shivering

Usually the first sign of dangerous cold exposure, as the body is trying to generate it's own heat through uncontrolled muscle contraction. This should be your first warning to seek shelter.

Frostbite and Hypothermia

The two most dangerous conditions that can result from cold weather exposure are frostbite and hypothermia.

- **Frostbite** is the freezing of superficial tissues of the face, ears, fingers and toes.
- **Hypothermia** is a more severe response to cold exposure that is defined as a significant drop in body core temperature.

Frostbite Symptoms Include:

- Pain
- Burning
- Numbness
- Tingling
- Skin turns hard and white
- Skin starts to peel or get blisters
- Skin starts to itch
- Skin gets firm, shiny, and grayish-yellow

Frostbite Treatment

To help a frostbite victim, get the person to a warm, dry place and remove constrictive clothing. Raise affected areas and apply warm, moist compresses to these areas. Do not rub frostbitten areas or apply direct heat.

Hypothermia Symptoms Include:

- Shivering
- Cold sensation, goose bumps, confusion, numbness
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, mental confusion, stumbling, depression
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness

Hypothermia Treatment

At the first sign of hypothermia take the person to a dry, warm place or warm the victim with blankets, extra dry clothing or your own body heat.

Safety Tips

The following actions will help protect you from cold weather injuries:

Layer your Clothing

- Several thin layers are warmer than one heavy layer. Layers are also easier to add or remove and thus, better regulate your core temperature. The goal is to keep the body warm and minimize sweating and avoid shivering.

Cover your Head

- Your head should be covered while exercising in the cold, because heat loss from the head and neck may be as much as 50 percent of the total heat being lost by your body.

Cover your Mouth

- To warm the air before you breathe it, use a scarf or mask. Do this especially if breathing cold air causes angina (chest pain) or you are prone to upper respiratory problems.

Stay Dry

- Wet, damp clothing, whether from perspiration or precipitation, significantly increases body-heat loss.

Keep your Feet Dry

- Use a fabric that will wick perspiration away from the skin. Polypropylene, wool or other fabrics that wick moisture away from the skin and retain insulating properties keep the body warm when wet.

Stay Hydrated

- Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite. Fluids, especially water, are as important in cold weather as in the heat. Avoid consuming alcohol or beverages containing caffeine, because these items are dehydrating.

Summary

- The first line of defense against cold exposure is dressing appropriately for conditions.
- Other factors that can negatively affect your ability to handle cold temperatures can include inadequate nutrition, dehydration, alcohol consumption, certain medications and health conditions such as diabetes and heart disease, which can significantly decrease a person's ability to exercise outdoors in the cold.

THE SCOOP ABOUT SNOW SHOVELING

Shoveling snow can be dangerous. Each year, this event causes untold numbers of minor and in some cases major fatal injuries. The following tips can help you get a handle on safe shoveling.

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.
- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically, so pace yourself. Be sure to stretch and warm up before taking on the task.
- Try to shovel fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Do not pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- Lift with your legs [bent] not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breathe, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, face protection, mittens, wool socks and waterproof boots.

Walking In a Winter Wonderland

After a snow or ice storm, pedestrian traffic increases significantly, but "walking in a winter wonderland" can create potentially fatal pedestrian safety problems that are often ignored or overlooked by traffic safety experts. Snow drifts can cover signs and landmarks or block corners, crosswalks, and handicap access ramps. Walkways may not be cleared, forcing pedestrians to walk in the street. The snow and ice can turn familiar territory into an alien landscape for pedestrians and motorists.

Everyone is a pedestrian, but there are things you can do to be a smart pedestrian – especially during the winter months. Before you take one step onto that slippery sidewalk, consider the following safety tips.

- If the sidewalks and walkways are impassable and you have to walk in the street, walk against traffic and as close to the curb as you can.
- Proper gear is a must, but wearing dark "winter" colors can make it hard for motorists to see you, especially if they aren't expecting you. Consider wearing a brightly-colored scarf or hat, or reflective gear, especially if you have to work in the street. And don't forget gloves, and shoes or boots with non-slip soles.
- Snow that has accumulated into drifts can muffle the sounds of approaching motor vehicles. Wearing hats and scarves that cover your ears can also distort or even eliminate these sounds. Keep warm, but make sure you can hear what's going on around you.
- If you can, shop before the storm hits! If you have to shop, don't buy more than you can easily carry. Remember – the street may be slippery and carrying heavy packages can impair your balance.
- When traveling with babies or small children, make sure they are dressed in brightly colored or reflective clothing. If you have to push a stroller or walk in the street, the child should be in front of you and as close to the curb as possible
- Because of road conditions, motorists may be unable to stop at traffic signals or slow down for pedestrians. Before you step off the curb into the street, make sure that any approaching vehicles have come to a complete stop.
- Bending your knees a little and taking slower steps can greatly reduce your chances of falling.

Holiday Safety

Holiday Cooking: Keeping it Safe!

As the holidays approach, we like to celebrate by entertaining friends and family, throwing parties, and preparing feasts. From the buffet table to the office party, food moves center stage throughout the holiday season. Be sure to keep food safe by following basic food safety steps...

Clean: Wash hands and food-contact surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, knives, sponges, and counter tops.

Separate: Don't cross-contaminate--don't let bacteria spread from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

Cook: Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food borne illness.

Chill: Refrigerate promptly. Refrigerate foods quickly keeps most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 F and the freezer at 0 F, and the accuracy of the settings should be checked occasionally with a thermometer.

Holiday Safety Presentation

Holiday Composite Risk Management

- Identify Hazards
- Assess Risks
- Make Risk Decisions
- Implement Controls
- Monitor/Supervise/Evaluate

Safety Hazards

- Don't overload electrical circuits
- If you have a fireplace, woodstove or use gas logs/furnace, make sure you have an operable UL approved carbon monoxide detector
- Turn off electric candles and decorative lighting before going to sleep

Safety Hazards

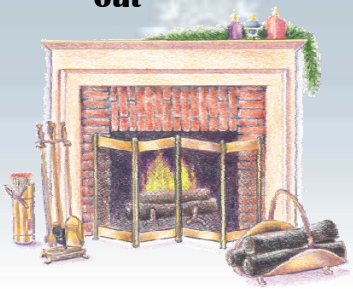
- Inspect all electrical equipment before use
- Use the proper size and type light bulbs in decorative lighting
- Spread sand or salt on icy walkways

Fire Hazards

- Place candles in holders that will not tip
- Keep candles, Yule logs, Menorahs, and Kinaras away from drapes, trees or potentially flammable objects
- Extinguish candles before leaving home or going to sleep

Fire Hazards

- Have a professional check your fireplace and chimney every year. Soot buildup leads to house fires
- Use kindling and wooden matches to light fires – not flammable liquids
- Always use a fire screen
- Be sure the chimney flue is open before lighting a fire and closed only when you are sure the fire is completely out



Holiday Traveling

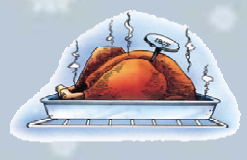
- Give yourself plenty of time to get where you are going
- Make sure your vehicle is in good repair
- If you drink… don't drive
- Always use safety belts and child safety seats
- Maintain a safe distance between vehicles
- Get a good night's sleep before traveling
- Avoid eating heavy meals, as this can lead to sleepiness

Holiday Traveling

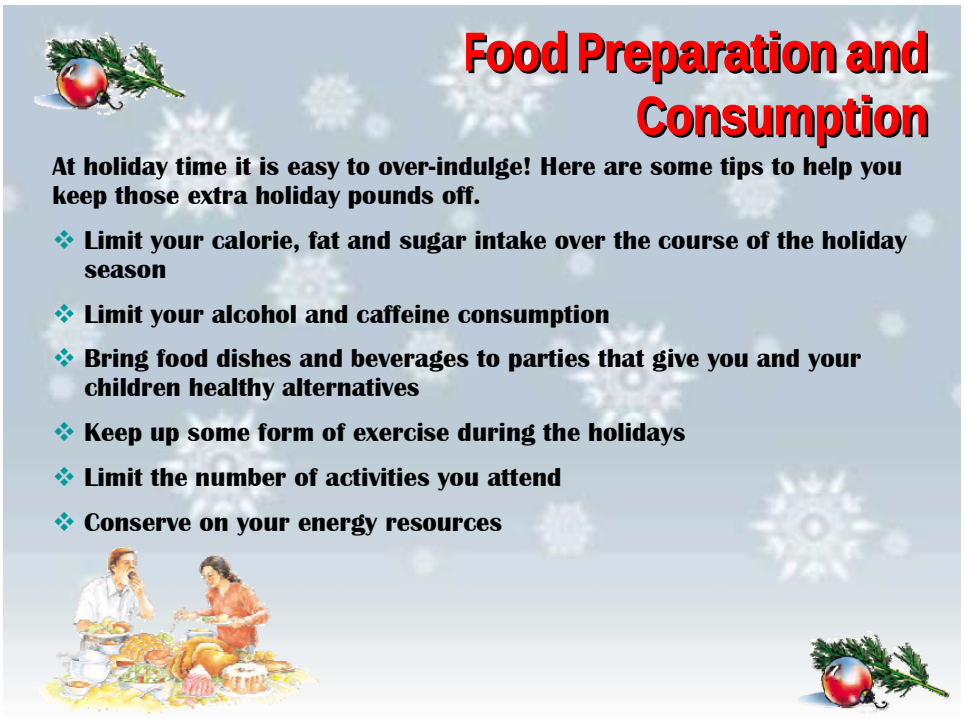
In case you encounter inclement weather, carry an emergency kit that contains:

- First-aid supplies
- Blankets
- Flashlight with spare batteries
- Flares
- A shovel
- Quick-energy foods, nutrition bars, or dried fruits and nuts
- Sand, salt or cat litter for traction

Food Preparation and Consumption



- Keep all cookware, utensils, preparation areas, and your hands clean
- Refrigerate foods that require cold storage
- If food needs to be chilled during serving, place the dish on a bed of ice
- Keep foods that need to stay warm on a hot plate or in an oven at a temperature no lower than 110° F.
- Use a thermometer when cooking meats to be sure inner sections reach the right temperature
- Leftovers shouldn't be left out more than two hours, and they should be sliced small enough for refrigerator air to penetrate and cool the meat.



Have a Safe & Happy Holiday!

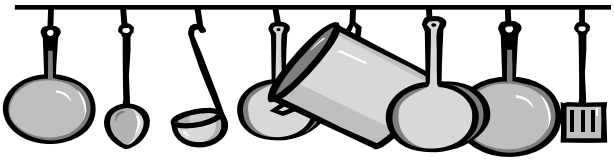
The holiday season is a time spent with family and friends. It can also be a period of overindulgence, which can have dire consequences. The tips below are offered with the hope of making the season an enjoyable and safe time for you and yours.

Tips For Responsible Drinking

- If you drink, DO NOT DRIVE. Leave the driving to a designated driver, or take a cab home.
- Limit your consumption. It's recommended that you space your drinks at least an hour apart.
- Eat something beforehand. Eating after you've started to drink won't help.
- Try alternating alcohol and non-alcoholic beverages, or switch to non-alcoholic beverages at least an hour before you plan to go home.
- Drink only if you want to. Don't feel obliged to accept a drink just because it's offered.

If you throw a party, remember that you may be held legally responsible for injuries or damages that may result from alcohol you serve. Here are 10 tips to make you the "host with the most responsibility":

- ✓ Limit how much you drink yourself. You'll be better able to keep things under control.
- ✓ Before the party, ask someone reliable to help you if problems crop up.
- ✓ Provide alcohol-free drinks, such as coffee, tea, soda, fruit punch, juice and water. Serve non-alcoholic wines and cocktails.
- ✓ Mix and serve drinks yourself or designate a bartender. Guests usually drink more when they serve themselves.
- ✓ Serve food. Best bets are meats, vegetables, cheeses, and breads. Avoid salty, sweet or greasy foods, because they make people thirstier.
- ✓ Don't plan physical activities. People are more prone to injury or mishap after drinking.
- ✓ Stop serving alcohol at least an hour before the party ends.
- ✓ Don't rely on coffee to sober guests up. The liver processes about 14 milliliters of alcohol per hour, coffee or no coffee.
- ✓ Encourage guests to name designated drivers, leave their cars at home, take public transportation or cabs, or walk. Have cash and taxi company phone numbers on hand.
- ✓ Be prepared for overnight guests by having blankets and sleeping bags available.



Food Safety

- Remember the "2-hour rule" when entertaining a large meal or buffet. Don't let perishable foods linger for longer than two hours in the danger zone.

- Prepare foods quickly, cook them thoroughly and serve them promptly. Keep hot foods hot with warming trays, chafing dishes or crock pots. Keep cold foods cold by placing serving dishes on crushed ice.
- Keep replacement dishes of food hot in the oven or cold in the refrigerator prior to serving.

- Do not add new food to a serving dish that has been sitting at room temperature for more than two hours.

Traveling With Food

- Wrap hot food in foil and heavy towels, or carry in insulated containers with hot packs to maintain a temperature of at least 60° C (140° F).

- Store cold foods in a cooler with ice or freezer packs so the food remains at 4° C (40° F) or lower. Full coolers keep their temperature better than partially full ones.

Cleanliness In The Kitchen

- Plastic cutting boards are best because they're easier to sanitize.

- To sanitize kitchen materials (dishes, cutting boards and utensils) put them in the dishwasher, or wash them with hot water and detergent.

- Use a solution of 1 tsp of bleach in 3 cups of water to disinfect them and rinse them again with fresh water, and dry them.

- Bacteria can thrive in dish clothes, so change them every day if you can. Keep them clean by washing with detergent as part of your regular laundry load, or by hand-washing then soaking them in diluted bleach.

- Don't hang dish cloths near the kitchen garbage pail. For greater protection against the spread of germs, choose a kitchen garbage pail with a self-closing lid.

By following these suggestions, you can protect your family from food poisoning. Your health is up to you.

Tree ornaments

- Always use the proper step stool or ladder to reach high places.

  - Read labels before you use materials that come in jars, cans and spray cans.
  - Never place lighted candles on a tree or near any flammable materials.
- Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- Do not hang popcorn chains and candy canes on the tree when small children are present. They may think that other tree ornaments are also edible.

Fire Safety

FIRE EXTINGUISHER SAFETY

There are basically four different types or classes of fire extinguishers, each of which extinguishes specific types of fire. Newer fire extinguishers use a picture/labeling system to designate which types of fires they are to be used on. Older fire extinguishers are labeled with colored geometrical shapes with letter designations. Both of these types of labels are shown below with the description of the different classes of extinguishers.

Additionally, Class A and Class B fire extinguishers have a numerical rating which is based on tests conducted by Underwriter's Laboratories that are designed to determine the extinguishing potential for each size and type of extinguisher.

Fire Extinguisher Ratings

Class A Extinguishers will put out fires in ordinary combustibles, such as wood and paper. The numerical rating for this class of fire extinguisher refers to the amount of water the fire extinguisher holds and the amount of fire it will extinguish.

Class B Extinguishers should be used on fires involving flammable liquids, such as grease, gasoline, oil, etc. The numerical rating for this class of fire extinguisher states the approximate number of square feet of a flammable liquid fire that a non-expert person can expect to extinguish.

Class C Extinguishers are suitable for use on electrically energized fires. This class of fire extinguishers does not have a numerical rating. The presence of the letter "C" indicates that the extinguishing agent is non-conductive.

Class D Extinguishers are designed for use on flammable metals and are often specific for the type of metal in question. There is no picture designator for Class D extinguishers. These extinguishers generally have no rating nor are they given a multi-purpose rating for use on other types of fires.

Multi-Class Ratings

Many extinguishers available today can be used on different types of fires and will be labeled with more than one designator, e.g. A-B, B-C, or A-B-C. Make sure that if you have a multi-purpose extinguisher it is properly labeled.

This is the old style of labeling indicating suitability for use on Class A, B, and C fires.

This is the new style of labeling that shows this extinguisher may be used on Ordinary Combustibles, Flammable Liquids, or Electrical Equipment fires. This is the new labeling style with a diagonal red line drawn through the picture to indicate what type of fire this extinguisher is **NOT** suitable for. In this example, the fire extinguisher could be used on Ordinary Combustibles and Flammable Liquids fires, but not for Electrical Equipment fires.

Types of Fire Extinguishers

Dry Chemical extinguishers are usually rated for multiple purpose use. They contain an extinguishing agent and use a compressed, non-flammable gas as a propellant.

Halon extinguishers contain a gas that interrupts the chemical reaction that takes place when fuels burn. These types of extinguishers are often used to protect valuable electrical equipment since them leave no residue to clean up. Halon extinguishers have a limited range, usually 4 to 6 feet. The initial application of Halon should be made at the base of the fire, even after the flames have been extinguished.

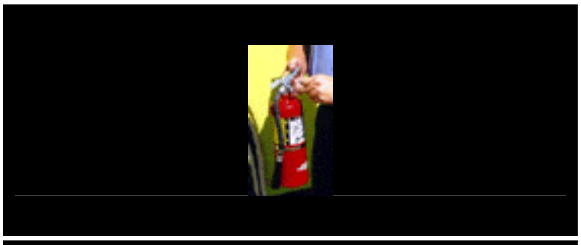
Water - These extinguishers contain water and compressed gas and should only be used on Class A (ordinary combustibles) fires.

Carbon Dioxide (CO2) extinguishers are most effective on Class B and C (liquids and electrical) fires. Since the gas disperses quickly, these extinguishers are only effective from 3 to 8 feet. The carbon dioxide is stored as a compressed liquid in the extinguisher; as it expands, it cools the surrounding air. The cooling will often cause ice to form around the "horn" where the gas is expelled from the extinguisher. Since the fire could re-ignite, continue to apply the agent even after the fire appears to be out.

How to Use a Fire Extinguisher

Even though extinguishers come in a number of shapes and sizes, they all operate in a similar manner. Here's an easy acronym for fire extinguisher use:

P A S S -- Pull, Aim, Squeeze, and Sweep



Pull the pin at the top of the extinguisher that keeps the handle from being accidentally pressed.

Aim the nozzle toward the base of the fire.

Stand approximately 8 feet away from the fire and **squeeze** the handle to discharge the extinguisher. If you release the handle, the discharge will stop.

Sweep the nozzle back and forth at the base of the fire. After the fire appears to be out, watch it carefully since it may re-ignite!

Fire Places, Heaters, and Stoves

According to the National Fire Protection Association, home fires cause more than 4,000 deaths and tens of thousands of injuries each year in the United States. Many of those incidents are caused from fireplaces, space heaters, and stoves. Any fuel-burning system should be serviced by a professional at the beginning of the heating season to make sure that all systems are operating properly. The damper, vents, and chimney should be checked regularly to ensure proper operation. And always keep a fire extinguisher handy wherever there is a risk of fire. Here are some other suggestions for keeping the home fires safe.

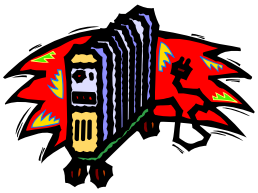
Fire Places

- Don't use your fireplace to burn wrapping materials – this can create toxic fumes and flash fires.
- Follow the directions on the package if you use man-made logs. Never break a man-made log apart to quicken the fire.
- Never close the damper with hot ashes in the fireplace and be sure the fire is out before retiring for the evening.
- Always use a sturdy screen when fireplaces are in use.
- Burn only wood. Paper or pine boughs can float out the chimney and ignite your roof or neighboring homes. Also, plastic, charcoal or Styrofoam can produce toxic gases!
- Use kindling and wooden matches to light fires – not flammable liquids.
- Don't wear loose or flowing clothes when tending the fire.
- Keep flammable decorations (ensure Christmas stockings are not flammable) away from the fireplace.
- Don't close the chimney flue until you're sure the fire is completely out.
- Make sure the fire is out before leaving the house or going to bed.

Important! Dispose of ashes in a metal container. Never store them in or near your house.

Portable Space Heaters

- Be sure your heater is in good working condition. All room heaters need frequent checkups and cleaning. A dirty or neglected heater is a critical fire hazard.



- Maintain adequate clearance (at least 3 feet) in all directions around space heaters.

- Never leave an operating heater unattended, especially near children and pets.

- Never dry clothes or other combustibles near heaters.

- Check electric heaters for frayed wires and evidence of overheating.

Kerosene Heaters

- Use only water-clear 1-K grade kerosene. The wrong fuel could burn hotter than equipment's design limits.

- Never use gasoline. Even small amounts of gasoline or other volatile fuels or solvents mixed with kerosene can substantially increase the risk of a fire or an explosion.

- Never refuel the heater inside the home. Fill the tank outdoors, away from combustible materials, and only after the heater has been turned off and allowed to cool. Do not fill the tank above the FULL mark. The space above the FULL mark is to allow for expansion without causing leakage when the heater is operating. Wipe up fuel spills immediately.

- In case of a flare-up, activate the manual shut-off switch. If this does not extinguish the fire, leave the house immediately and call the fire department. Don't move the heater or use water or a blanket to stop the fire.

- Use only in well-vented rooms, and open an outside window approximately one inch to permit fresh air to effectively dilute the pollutants below a level of concern.

- Always keep the wick clean and properly adjusted according to the manufacturer's instructions.

Stoves (wood and gas)

- Be sure the stove bears the label of a recognized testing laboratory and meets local fire codes.

- Follow the manufacturer's recommendations for proper installation, use, and maintenance.

- Periodically inspect and clean the chimney connections and flues.

  - Never use a gas range or an oven to heat your home. Any un-vented, fuel-burning appliance is capable of producing high levels of carbon monoxide.

  - Check with local fire department and code officials before installing a wood stove.

Fire Evacuation Plans

- Make an escape plan. There's no time to waste in the fear, darkness, confusion, blinding smoke, and searing heat of a home fire. Plan ahead and at least twice a year; practice your fire-safety plan. Run some of the drills in the darkness. Make sure plans include knowing two ways out of every room, especially bedrooms.

- Get out fast. Don't stop to do anything. Don't stop to call the fire department….do that from a neighbor's house. Don't try to take possessions, just leave.

- Stay low. Crawl low under smoke because it contains deadly gases, which rise and fill rooms from the top down. The best air will be 12 to 24 inches off the floor.

- Close all doors. If you get trapped, close doors between you and the fire. Stuff the cracks around doors and cover vents to keep the smoke out. Wait at a window and signal for help (if it's dark, use a flashlight). If there's a phone in the room where you are trapped, call the fire department and tell them exactly where you are.

- Test every door. Before opening a door, make sure there's no fire on the other side. Kneel or crouch at the door, reach up high, and use the back of your hand to touch the door. Also touch the doorknob and the space between the door and the frame. If any of these areas feel hot, use another way out. If everything feels cool, brace your shoulder against the door and open it carefully, being ready to slam it shut if heat or smoke rushes in. As you leave, close all doors behind you, which will slow down the spread of fire and smoke.

- Install smoke detectors. Test them monthly and change the batteries yearly in models requiring them.

Don't use elevators. In an apartment or office building, use stairways to leave the building. Never get in an elevator during a fire; it may stop between floors or even take you to the floor where the fire is burning.

Turkey Fryers - Product Safety Tips

A longtime food favorite in the southern United States, the delicious deep-fried turkey has quickly grown in popularity thanks to celebrity chefs such as Martha Stewart and Emeril Lagasse. While some people rave about this tasty creation, Underwriters Laboratories Inc.'s (UL) safety experts are concerned that backyard chefs may be sacrificing safety for good taste.

"We're worried by the increasing reports of fires related with turkey fryer use," says John Drengenberg, UL consumer affairs manager. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL has decided not to certify any turkey fryers with our trusted UL Mark."

Here's why using a deep-fryer can be dangerous:

- Many units easily tip over, spilling the hot oil within the cooking pot.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.
- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too, may result in an extensive fire.
- With no thermostat controls, the units also have the potential to overheat the oil to the point of combustion.
- The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

If you absolutely must use a turkey fryer, here are some tips for safer use:

- Turkey fryers should always be used outdoors a safe distance from buildings and any other material that can burn.
- Never use turkey fryers on wooden decks or in garages.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you don't watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use. Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pot can remain dangerously hot, even hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.
- The National Turkey Federation recommends refrigerator thawing and to allow approximately 24 hours for every five pounds of bird thawed in the refrigerator.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. Remember to use your best judgment when attempting to fight a fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.
- Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pots remains dangerously hot, hours after use.

Christmas Lights

This article will provide you safety tips on your Christmas lights. Unfortunately we will not be able to give you any tips on how to unravel them! Mixing and matching lights can create a fire hazard, so keep outside lights outside and inside lights inside. Examine your lights before you hang them. Check to see that each strand has a factory label, which means it has been safety tested (look for the UL Label). Check the light bulbs, sockets, wires and plugs to make sure nothing is cracked, broken or exposed. Check each set by setting it on a nonflammable surface and plugging it in for 10-15 minutes to see that the lights don't melt or smoke.

Now that you have examined your lights, you're ready to hang them. Be sure to take the following precautions:

- Position the bulbs so they are not in direct contact with needles or ornaments. Also, keep lights away from curtains or flammable materials.
- If you string lights together using built-in connectors, don't join more than 200 midget lights or 50 larger lamps in a single string or cord.
- Don't connect more than three sets of lights to a surge protector.
- Keep cords and plugs away from the water under the tree.

Be careful where you place electric cords:

- Keep cords out of high-traffic areas where people may trip over them.
- Don't run a cord under a rug or carpet, since wires could overheat and surrounding material could catch on fire.
- Be cautious when placing cords behind furniture - if pinched, cords may fray.

Remember - Unplug all decorations inside and outside your home before leaving the house or going to bed.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.

- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a young child to eat them.

- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

- Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child, or can cause a fire if near a flame.

Christmas Tree Tips

For many people, decorating the Christmas tree is a favorite part of the holiday. Below are some safety tips to make sure a mishap doesn't spoil your holiday season.

- A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard. Each year, more than 400 residential fires involve Christmas trees and tragically nearly 40 deaths and 100 injuries result from those fires.
- Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.

- Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- Stand your tree away from fireplaces, radiators, space heaters, and other heat sources. Make sure the tree does not block foot traffic or doorways.
- If you use an artificial tree, choose one that tested and is labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.
- Dispose of real trees properly. NEVER BURN A REAL TREE IN THE FIREPLACE!

Candle safety

Candles may be pretty to look at, but they're a growing cause of home fires and home fire deaths. According to the NFPA, candles cause an average of 7,590 home fires each year. Since candle fires spread so quickly, it's essential that you have working smoke alarms in your residence and a home fire escape plan ready to go.

Reduce the risk - Never leave a burning candle unattended. Extinguish all candles when you leave the room or go to bed. Almost half of all home fires started by candles begin in the bedroom. NFPA discourages the use of candles in the bedroom and other areas where people may fall asleep.

- Keep candles at least one foot away from anything that can burn including curtains, blinds, wallpaper, clothing or any other material that can catch fire.
- Don't place lit candles in windows or near doorways where drafts could bring combustibles in contact with the flame.
- Keep candles away from flammable liquids.

"Candle with Care" - Use candle holders that are sturdy, won't tip over easily, are made from a material that can't burn, and are large enough to collect dripping wax.

- Place candle holders on a sturdy, uncluttered surface away from edges and any place where they could be knocked over by kids or pets.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Keep candle wicks trimmed to one-quarter inch.
- Extinguish candles when they burn down to within two inches of their holder or any decorative material.
- Extinguish candles carefully, using a long-handled candle snuffer or a soft, directed breath. Be careful not to splatter wax when extinguishing. Do not leave the room until wicks have stopped glowing.

Candles and Kids

- Never leave a child unattended in a room with a burning candle.
- Don't allow kids or teens to burn candles in their bedrooms.
- Don't let kids play with candles or dripping wax, or with materials that could catch fire near candles.
- Store matches and lighters up high and out of children's sight and reach, preferably in a locked cabinet.

Carbon Monoxide Poisoning

* Symptoms, Causes, Treatment*

Carbon Monoxide (CO) poisoning is more common than you think. You can't smell it, and you can't see it, but carbon monoxide might be making you sick. CO is absorbed through the lungs and transported by the bloodstream to all parts of the body. It prevents the blood from carrying oxygen to the tissues of the body. The brain and the heart are especially sensitive to lack of oxygen.

CHRONIC CO EXPOSURE can lead to the "Chronic CO Syndrome." Symptoms include: headaches, muscle pain, fatigue, nausea, memory loss, multi-task problems, verbal – visual deficit, irritability, depression, personality changes, blurry vision, double vision.

Where does carbon monoxide come from?
CO is a byproduct of combustion. Fuels that can cause carbon monoxide poisoning include natural gas, kerosene, propane, heating oil, wood, and charcoal. Fireplaces, gas stoves, wood burning stoves, water heaters, space heaters, room heaters, furnaces, or any other appliance that burns fuel are all potential sources of carbon monoxide. When fuel is not burning cleanly, carbon monoxide can result. That is why it is essential to properly maintain your appliances, fireplaces, and vehicle. New homes are being built with an emphasis on better insulation, resulting in homes that are almost airtight. When the weather gets cooler, furnaces are turned on and people stay indoors more. With less ventilation in the house, the risk of carbon monoxide poisoning increases. Frequently a person will leave the house for work or school and feel better, but then get sick upon returning home. If the car exhaust is bad, a person is ill when driving for distances, especially if the windows are closed. Once they get out of the car and into fresh air, they start to feel better again. Other sources include structural fires, car exhaust and cigarette smoke. People who smoke already have measurable amounts of carbon monoxide in their blood. Smokers develop problems with smaller exposures to carbon monoxide.

What are the symptoms of CO poisoning?
The initial symptoms are much like the flu and include headache, dizziness, drowsiness, fatigue, shortness of breathe, nausea and vomiting. Symptoms may progress to fainting, unconsciousness, heart problems or even death. Many people die in their sleep, never realizing that carbon monoxide levels have risen to a dangerous level. The severity of the symptoms depends on the concentration of the carbon monoxide, the duration of the exposure and the size of the area. If a person is in a small, enclosed area without ventilation, they are more likely to have a more severe case.

How is CO poisoning diagnosed?
Infants, small children, pets, pregnant women (more specifically the unborn baby) and people with heart disease are at greatest risk for carbon monoxide poisoning. If a pregnant woman is exposed to carbon monoxide, the baby absorbs more CO from mom's blood that mom does herself. Mom may not have many symptoms but the baby may be seriously affected. Pregnant moms must be very careful to prevent exposure. CO is diagnosed by a special blood test. It is not detected by routine blood tests. If you suspect carbon monoxide poisoning, you need to be tested while you are ill. Carbon monoxide does not stay in the blood stream long. If you are tested when you do not have symptoms, chances are that the carbon monoxide will not be detected. Treatment depends on the amount of carbon monoxide found in the blood and the symptoms.

How is carbon monoxide poisoning treated?
Oxygen is the antidote for carbon monoxide. Fresh air is the main treatment for very mild cases of carbon monoxide in healthy people. As you breathe in fresh air, you are also breathing out carbon monoxide. For more serious cases, oxygen is administered at the hospital to increase the elimination of carbon monoxide from the body. People with heart disease or serious exposures need heart monitoring or an electrocardiogram to make sure that the heart has not been injured. Hyperbaric oxygen may be used in critical cases.

Prevention Tips:

- Have your heating system inspected and serviced once a year. Utility workers can diagnose problems but not fix them.
- Have your chimney and vents checked regularly.
- Have your fireplace or wood stove inspected and cleaned once a year.
- Have appliances installed and serviced by professionals.
- Have your car exhaust checked routinely.
- Never burn charcoal indoors, in the garage or in a tent or van while camping. Burning charcoal indoors can kill you!
- Never use a gas range or oven for heating a room.
- Never operate un-vented gas burning appliances in a closed room.
- Never leave a car running in a garage.
- Install a quality carbon monoxide detector in your home.

A note on CO detectors - Carbon monoxide detectors can be purchased at most home centers and hardware stores. Make sure the product is listed by the Underwriters Laboratories standard. Get a detector that easily self-tests and is easy to reset. Install it on a wall where it is easily accessible: not in the ceiling. There are battery operated and hard-wired detectors. If you have a hard time remembering to replace batteries, consider getting a detector that is installed as part of the house's electrical system. If you have a detector and the alarm sounds, pay attention to it and ventilate the house. Leaving the house is better. Call your utility company and have them confirm the carbon monoxide level and check your house for possible sources.

Winter Sports & Activities

Ice Skating

Ice skating is a fun winter activity, and also great exercise! Follow these tips to help you and your family skate safely.

- Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.

- Have the blades professionally sharpened at the beginning of each season.

- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- Wear warm clothing and rest when you become tired or cold.
- Never skate alone.

PLAY IT SAFE

Skiing and Snowboarding

Tips for Prior to Hitting the Slopes

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.
- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly at a local ski shop. You can rent good ski or snowboarding equipment at resorts.
- When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing and products.

- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared. Mother Nature has a mind of her own. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Wear sun protection. The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Always wear eye protection. Have sunglasses and goggles with you. Skiing and snowboarding are a lot more fun when you can see.

Tips for while on the Slopes

- Take a lesson. Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- The key to successful skiing/snowboarding is control. To have it, you must be aware of your technique, the terrain and the skiers/snowboarders around you. Be aware of the snow conditions and how they can change. As conditions turn firm, the skiing gets hard and fast. Begin a run slowly.

  - Skiing and snowboarding require a mental and physical presence.
  - If you find yourself on a slope that exceeds your ability level, always leave your skis/snowboard on and side step down the slope.
  - The all-important warm-up run prepares you mentally and physically for the day ahead.
  - Drink plenty of water. Be careful not to become dehydrated.
  - Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits. Learn to ski and snowboard smoothly—and in control. Stop before you become fatigued and, most of all have fun.
- If you're tired, stop skiing. In this day and age of multi-passenger gondolas and high-speed chairlifts, you can get a lot more time on the slopes compared to the days of the past when guests were limited to fixed grip chairlifts.
- Follow the "Your Responsibility Code," the seven safety rules of the slopes:

Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.
This is list is not all inclusive. Always be safety conscious.

Snowmobile Safety Tips

Always be alert of potential danger. Your helmet and engine noise can impair your hearing. Visibility is also reduced in conditions of snowfall, blowing snow and night driving. Never assume what another snowmobiler will do. Do all that you can to ensure your safety and that of other riders. Expect the unexpected!

Watch out for:

- Thin ice and open water
- Grooming equipment
- Oncoming snowmobiles
- Unforeseen obstacles beneath snow
- Unexpected corners, intersections and stops
- Road and railway crossings
- Logging/Forestry operations
- Snow banks and drifting snow
- Trees and branches on the trail
- Bridges and approaches
- Wildlife and domestic animals
- Other trail users (skiers, hikers)
- Fences, gullies, and rocks

Don't Drink and Ride

1. Snowmobiling requires alertness, caution and attention. Your reaction time and ability to control your sled can be drastically affected after consuming even small amounts of alcohol. Alcohol can affect perception, reaction time, and response to unexpected situations. Alcohol is also involved in over 70% of snowmobile fatalities.

2. Alcohol increases your susceptibility to cold and hypothermia. Snowmobilers often have access to remote locations miles away from help. If a situation should occur where help is needed, your chances of survival and treatment of injury can be greatly affected. Don't let alcohol be a contributing factor to your fate.

Night Riding

Avoid driving at night and in bad weather. A single strand of barbed wire is hard to see. A disproportionate number of snowmobiling incidents, including nine out of ten fatalities, occur after dark. Forward visibility is reduced and it is much more difficult to spot and identify potential hazards in time. Overdriving headlights can also be a serious problem, so slow down

when snowmobiling after dark. Becoming disoriented or lost is much more likely at night. Ride with individuals familiar with the area.

Always wear outer clothing with reflective trim on the arms, back and helmet. Never ride alone at night. Always dress in your full snowmobiling outfit even if your intended destination is just next door.

Be certain that all lights are operational and keep in mind that hand signals become increasingly more difficult to see as darkness sets in.

Ice Riding

Drowning is one of the leading causes of snowmobile fatalities. Wherever possible, avoid riding on frozen lakes and rivers because ice conditions are never guaranteed. Ice conditions can change in a period of several hours. If you must cross ice, ask first, then stay on packed or marked trail. Don't stop until you reach shore. If you hit slush, don't let off the throttle. If you are following someone who hits slush, veer off to make your own path. If you must travel over lakes and rivers then consider using a buoyant snowmobile suit which will assist you to reach the closest ice surface. Also consider carrying a set of picks which will help you grip the edge of the ice more easily. As a rule of thumb, "if you don't know, don't go."

If you break through the ice, don't panic. Follow these self rescue tips.

- Kick vigorously into a horizontal position and swim to the nearest ice edge. Place hands/arms on unbroken ice while kicking to propel your body onto the ice, like a seal. Once clear, stay flat and roll away to stronger ice.
- Stand, keep moving and find shelter.

Hypothermia

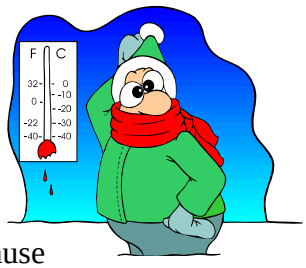
This is lowering of the body's core temperature. It can happen in water or on land. Hypothermia does not require extreme cold and accelerates with wind and wetness. Dressing warmly in water resistant layers helps, but if immersed, quickly replace wet clothes, keep moving to generate body heat, and find immediate shelter and warmth.

Snow Blindness

This occurs when directed and reflecting sun glare are too bright for the eyes. Wear good quality, UV protected sunglasses, goggles or visor. Failure to wear can cause permanent damage.

Frostbite

Frostbite results from freezing temperatures and poor circulation. Most common on extremities and exposed skin, it can be identified by unnaturally white and numb skin surrounded by harsh red coloring. Cover up and layer well, making sure that socks fit loosely within your boots. And remember, mitts with liners are warmer than gloves.



Wind Chill

Wind chill is lower temperature caused by wind and/or the forward momentum of a fast moving sled. Wind chill exposes you to severe cold which in turn can cause hypothermia. Wind-proof outer garments, extra layers and a balaclava will offer some protection, but keep your face shield down to prevent wind burn and to protect your skin and eyes.

Dressing Properly

Wear a helmet with a chin strap. With high tech winter and proper layering, winter comfort is easy. Start with polypropylene and thermal under layers that release moisture while retaining heat. Also consider the fact that your forward motion will add to the wind chill factor. Avoid cottons and sweat shirts which retain moisture, making you cold and clammy which may lead to hypothermia.

Good snowmobile wear contains materials that retain heat, release moisture and resist both water and wind. Even better, try to find suits that are water and wind proof. Consider wearing a buoyant snowmobile suit if you plan on traveling across ice as it will assist in keeping you afloat but most of all help to protect you against hypothermia. Snowmobile suits should have reflective trim for increased visibility during night riding. Carry extra clothing, socks and mitts for layering.

Additional Safety Tips:

- Follow local regulations and operation instructions.
- Become familiar with the particular model of snowmobile before driving. A number of accidents involve veteran drivers accustomed to a different make or model.
- Inspect the entire machine, brakes, throttle control, lights, and emergency shut-off switch before departing. Never start without a full tank of gas.
- Take extra spark plugs, tools, a first aid kit, and other repair and survival supplies such as flares and matches.
- On long trips, travel in groups. In case of emergencies, someone can go for help.

Tips for Safer Sledding and Tobogganing

Sliding downhill is an exhilarating winter sport. People of all ages can participate and use all kinds of containers, from large toboggans to plastic disks or even cardboard boxes. But unintentional injuries are surprisingly common despite the snow's cushioning effect. Estimates of the number of injuries treated in hospital emergency rooms every year show about 33,000 sledding injuries and 1,500 tobogganing injuries.

Sledding injuries often include facial lacerations or skull fractures. Tobogganing injuries almost always involve the lower half of the body.

Children ages 5 to 9 are most susceptible to injury. Parents of young children should not let them sled alone. Older children should be taught to check for hazards.

Follow these guidelines for safe and fun sledding and tobogganing:

- Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.
- Dress warmly enough for conditions.
- Sled on spacious, gently sloping hills which have a level run-off at the end so that the sled can come to a halt safely. Avoid steep slopes and slopes located near streets and roadways.
- Check slopes for bare spots, holes and other obstructions which might cause injury. Bypass these areas or wait until conditions are better.
- Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks or telephone poles.
- Do not sled on or around frozen lakes, streams or ponds because the ice may be unstable.
- The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill. Sledding head first increases the risk of head injury and should be avoided.
- Sledders should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury.

Hunting Safety

These hunting safety rules apply whether one hunts with a gun or a bow. Here are a few basic rules that should be implemented ALL the time:

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.

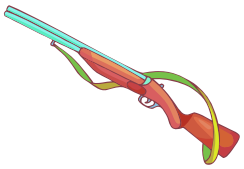
5. Do not become anxious and take your safety off of your weapon prior to the shot. That is why the safety is located usually within an inch of the trigger.

6. ALWAYS keep your target IN FRONT of you. That is crucial.

7. Clearly identify your target before you shoot. Every year individuals are shot because they are mistaken for a deer. In all my years of hunting, I still cannot fathom how this occurs. Even 30 minutes before sunrise, one should clearly see their target before shooting. Once again emotions get in the way and inappropriate shots are taken.

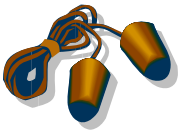
8. Always unload your firearm; never climb into a tree stand, climb over a fence, in or over a duck blind with a loaded weapon.

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.

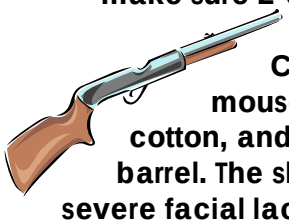


10. Keep your emotions in check. Use GOOD judgment. No animal, no deer, whether it is a pintail drake, large rooster pheasant climbing out of a morning's cornfield, or a 10 to 12-point buck is worth an accident. It is when these gifts of nature occur and our emotions rise that mistakes happen.

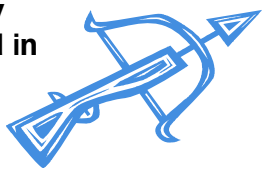
11. Ear safety: Many hunters will sacrifice ear safety so they can hear game coming, especially when deer hunting. Put a soft earplug in the ear closest to your weapon. All of our senses are precious and we must take care of them as best as possible.



12. Always keep your gun clean. When you unload your gun, if it is a pump, I usually make sure 2-3 ejections after the 3 shells come out that there is nothing in the chamber. I leave the chamber open. The same for automatics. Check and see if your barrel is free of any debris. Over the years, a mouse may find its way into your gun case. It can tear up some of the cotton, and cotton may be stuck in the barrel. If you shoot, you'll have a split barrel. The shrapnel could come back in your face, causing eye injuries and severe facial lacerations. Even a little bit of snow at the end of your barrel can cause a severe injury. When you drop your gun, you should always dismantle it, clean it, wipe it down, and put it back together.



13. 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. All parts of the bow should be tightened and in correct position, usually accomplished with an Allen wrench, prior to hunting.



TREE STAND SAFETY

The tree stand is one of the most popular pieces of deer hunting equipment. Tree stands can be dangerous if they are used incorrectly or carelessly. Nationally, one in three hunting injuries involves a tree stand. Accidental falls from tree stands can have a variety of causes including failure of the stand itself and incorrect installation. Hunters may fall asleep while on their tree stands, or may be injured while handling a loaded firearm during the process of climbing in and out of their stands.

Safety Precautions

- Never carry equipment with you while climbing. Use a haul line to raise or lower your gear. Make sure guns and crossbows are unloaded and broadheads are covered prior to raising or lowering firearms, crossbows, or bows with a haul line.

- Always use a climbing belt when climbing up or down a tree. Use a safety harness when hunting from elevated tree stands. Study manufacturer's recommendations before using any equipment. Never use a rope to replace a safety harness.
- Check permanent tree stands every year before hunting from them.
- Replace any worn or weak lumber.
- Read, understand and follow the factory recommended practices and procedures when installing commercial stands. Inspect portable stands for loose nuts and bolts before each use.
- Choose only healthy, living trees when using climbing devices. Rough-barked trees such as oak are best. Do not use a tree that is rotten or has dead limbs.
- Never put all your weight on a single branch. Keep at least one hand and one foot on a secure place when reaching for the next hold.
- Climb higher than the stand and step down onto it. Climbing up onto it can dislodge it.
- Wear boots with non-skid soles, because steps or platforms can be slippery in rain, sleet or snow.
- Tell a dependable person where you're hunting and when you plan to return. Map your whereabouts and leave a note at camp, at home or in your vehicle so that you can be found.
- If sleepy, move your arms rapidly until you feel alert.
- Never wear a ring while climbing. Rings can catch on tree limbs and equipment.
- As a precautionary measure, clear all debris from the ground below the tree stand.
- Use updated equipment. Newer tree stand equipment is solid, safe and secure. Updated safety harnesses offer more protection than older ones.
- Carry a whistle to call for help and carry a first aid kit, flashlight and cellular telephone in a fanny pack.

Fact Sheet: Using a Chain Saw Safely

The chain saw is a time saving and efficient power tool. It can be unforgiving and lethal, however, causing injury or death in the hands of an uninformed and unaware operator. It is not the chain saw causing the accidents or injuries, but the environment in which it is used (according to the U.S. Consumer Products Safety Commission, there were more than 33,000 chain saw related injuries in 1998).

****Read your safety manual that came with your chain saw****

If you are going to help clear tree and wood debris, you should wear at least:
- A helmet system (consisting of head, face and hearing protection)
- Cotton or leather gloves
- Chain saw protective chaps or chain saw protective pants (UL Listed)
- A pair of chain saw protective work boots with steel toes

****Read your owner's manual concerning kickback****

To reduce the risk of kickback injury:
- Use a reduced kickback bar, low kickback chain and chain brake
- Avoid contact between the bar tip and any object
- Hold the chain saw firmly with both hands
- Do not over-reach
- Do not cut above shoulder height
- Check the chain brake frequently
- Follow sharpening and maintenance instructions for the chain saw

Make sure your chain saw has these features, and that the features are working:
- Chain brake (manual or inertia)
- Chain catcher
- Working safety throttle switch
- Working on/off switch
- Spark arrester

Make sure your chain saw carburetor is properly adjusted.
This should be done by a trained servicing dealer. A misadjusted carburetor will cause stalling or poor performance and could cause the operator to be injured.

Fill a gas-powered chain saw when the engine is cool.
- If the saw is out of gas, let it cool 30 minutes before refueling.
- Do not smoke when refueling the saw! Use a chain saw outdoors only.

Have several commercially sharpened saw chains to match your chain saw and bar. THIS IS VERY IMPORTANT!
You can immediately dull a chain saw chain by hitting the ground with the tip, or cutting dirty wood, hitting a rock or nails. It is very tiring to cut with a dull chain and the extra pressure you apply to the chain saw to cut faster will only increase your chance of an injury!

Look out for hazards!
- Broken or hanging branches, attached vines, or a dead tree that is leaning. All of these hazards can cause the chain saw operator to be injured.
- If you have to cut a dead tree, be very careful! The top could break off and kill you.
- If the tree is broken and under pressure, make sure you know which way the pressure is going. If you're not sure, make small cuts to release some of the pressure before cutting up the section.
- Be careful of young trees that other trees have fallen on. They act like spring poles and may propel the chain saw back into your leg (many professional loggers have been hurt in this manner.)

Felling a dangerous broken tree should be left to a professional cutter.
A downed tree may weigh several tons and can easily injure or kill an unaware chain saw operator. More injuries occur during clean up after a hurricane than during the storm.

Carry the chain saw with the engine off.

When bucking up (cutting) a downed tree:
Place a plastic wedge into the cut to keep your chain saw from binding up. They are available at any chain saw dealer and sometimes come packaged with the saw.

Never cut when tired or alone.
Most woodcutting accidents occur late in the afternoon when most people are pushing to finish up for the day. Always work with a partner, but never around children or pets.

Use a chain saw from the ground level only, not on a ladder or in a tree.

When felling a tree, keep everyone at least "two tree lengths away."

You should have a preplanned escape route.
It should be at a 45° angle from the projected direction of a falling tree. Make sure there is nothing that could trip or stop you from making a quick retreat.

When picking up heavy wood debris, get several helpers.
Bend your knees and lift with your legs, not your back. A 24-inch log may weigh over 100 pounds.

Cleaning up tree damage after a storm is a very demanding job.

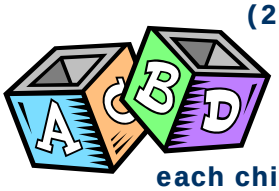
If you follow these basic tips you can avoid preventable injuries.

This information was provided courtesy of Gränsfors Bruks, Inc., a manufacturer/supplier of logging safety apparel and accessories, of Summerville, S.C., and is used with permission. This information has also been reviewed for technical accuracy by the U.S. Consumer Product Safety Commission.

Toy Safety

Select Children's Toys with Safety in Mind

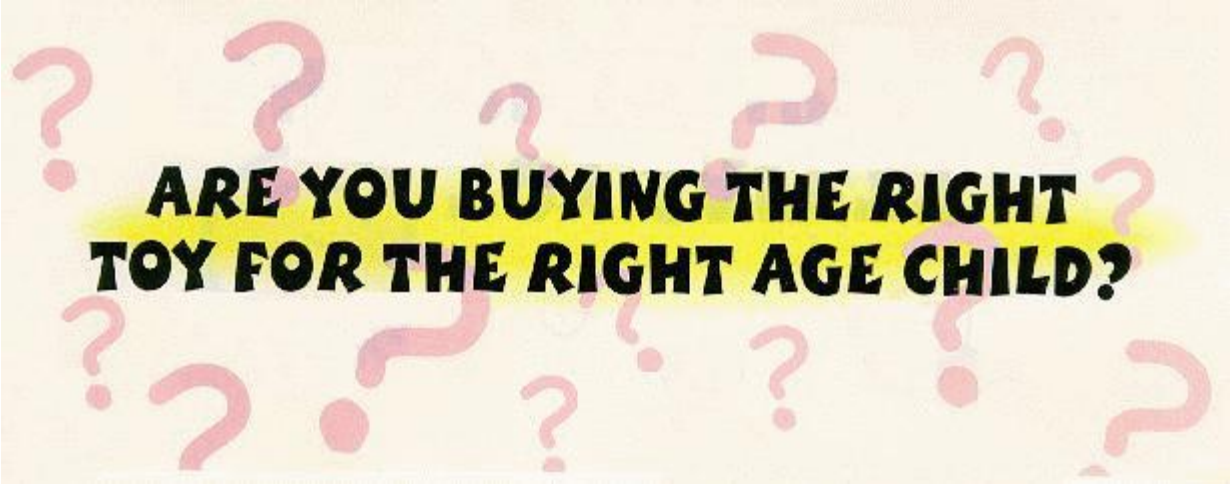
According to the Home Safety Council's State of Home Safety in America™ (2002), emergency departments reported nearly 170,000 visits due to injuries related to toys at home in a single year. To help reduce the risk of serious injury, always follow safety guidelines when choosing toys for children. Before choosing toys and games for little ones on your shopping list, consider each child's age, skills and abilities. Toys that are beyond your child's age and developmental ability can be unsafe for him or her, so select toys that are appropriate rather than those children can "grow into". Consider the following guidelines for selecting toys for your child:



- When purchasing toys for infants and toddlers, select toys, puzzles, rattles and teething toys that are too large to be swallowed.
- Read the labels and other packaging information and base your selection on age recommendations.
- Look for "washable/hygienic materials" or similar labeling on stuffed toys and dolls and "flame retardant/flame resistant" labeling on fabric products and costumes.
- Read assembly and use instructions to ensure the toy is appropriate for the child you have in mind.
- If you purchase stuffed toys, look for those that are rated safe for infants, which will ensure specific safety features, such as secure attachment of the stuffed toys' eyes and noses and non-removable squeaking mechanisms.
- Avoid toys with long strings or cords, which could entangle and strangle a child.
- The Home Safety Council recommends against using latex balloons in homes with young children, as they can swallow an unfilled or broken balloon and suffocate.
- Remove and discard plastic wrapping and bags as soon as the toy is opened, as these items are a suffocation hazard to young children.
- Look carefully at infants' toys and dispose of those with small broken parts that could be lodged in an infant's throat.
- Motorized and electric toys and games and toys with heavy, sharp and pointed parts or edges can be especially dangerous for young children.
- Adult games, such as darts, should be stored up high, out of the reach of all children.
- Always supervise children closely. Don't permit younger children to play with toys designed for older children or adults.

Small Parts Testing

The U.S. Consumer Product Safety Commission (CPSC) bans products with small parts to be intended for use by children under three. CPSC considers a small part to be "any object that fits completely into a specially designed test cylinder 2.25 inches long by 1.25 inches wide..." To approximate the manufacturers' test, use a common toilet paper roll (typically measuring 1.5-1.75 inches wide) to measure toy parts - if any toy parts fit inside the roll, choose another toy until your child is older than three.



UNDER 3 YEARS OLD

Children under 3 tend to put everything in their mouths. Avoid buying toys intended for older children which may have small parts that pose a choking danger.
Never let children of any age play with uninflated or broken balloons because of the choking danger.
Avoid marbles, balls, and games with balls, that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children.
Children at this age pull, prod and twist toys. Look for toys that are well-made with tightly secured eyes, noses and other parts.
Avoid toys that have sharp edges and points.

AGES 3 THROUGH 5

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.
Look for household art materials, including crayons and paint sets, marked with the designation "ASTM D-4236." This means the product has been reviewed by a toxicologist and, if necessary, labeled with cautionary information.
Teach older children to keep their toys away from their younger brothers and sisters.

AGES 6 THROUGH 12

For all children, adults should check toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or thrown away.
If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.
If you buy a bicycle for any age child, buy a helmet too, and make sure the child wears it.
Teach all children to put toys away when they're finished playing so they don't trip over them or fall on them.

READ THE LABEL...

The U.S. Consumer Product Safety Commission requires toy manufacturers to meet stringent safety standards and to label certain toys that could be a hazard for younger children. Look for labels that give age recommendations and use that information as a guide. Labels on toys that state "not recommended for children under three ... contains small parts," are labeled that way because they may pose a choking hazard to children under three. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child.

Shopping for toys during the holidays can be exciting and fun, but it can also be frustrating. There can be thousands of toys to choose from in one store, and it's important to choose the right toy for the right age child. Toys that are meant for older children can be dangerous for younger children.

Last year, an estimated 140,700 children were treated in U.S. hospital emergency rooms after toy-related incidents and 13 children died.

The U.S. Consumer Product Safety Commission (CPSC) oversees the safety of toys and many other consumer products. For more information, call CPSC's toll-free hotline at 1-800-638-2772 or visit its website at www.cpsc.gov.

References

AR 385-10 (Army Safety Program)
AR 385-40 (Accident Investigation and Reporting)
AR 40-5 (Preventive Medicine)
AR 190-5 (Motor Vehicle Traffic Supervision)
DA Pam 385-5 (Fundamentals of Safety in Army Sports and Recreation)
FM 21-20 (Physical Fitness Training)
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