



# *Be Prepared for Winter Weather Conditions*

## **SNOW SHOVELING SAFETY TIPS**

- Push the snow rather than lift it.
- If you do lift it, use a small shovel or only partially fill the shovel.
- Lift with your legs, not your back.
- Do not work to the point of exhaustion.

## **BLACK ICE & DRIVING SAFETY TIPS**

- Keep your distance. The distance needed to stop on black ice is twice as long as for normal driving circumstances. Keep at least a 5-second following distance behind the vehicle in front of you.
- Never brake while driving on ice. Applying pressure to your brakes while on black ice will cause a vehicle to skid. Brake only during your approach.
- Be especially careful when driving on bridges, overpasses and tunnels, and in the early morning when the air temperature rises faster than the pavement temperature.