

# HEALTH & SAFETY AWARENESS

## WINTER TIPS

Winter is certainly on its way! Here's a few helpful tips to manage the wintry conditions.

### DRIVING TIPS:

#### Wet Weather Driving

Wet roads can be very slippery so always remember that stopping distances are almost doubled. The "two-second" rule should become at least four seconds.

#### Snow and Sheet Ice

Whenever possible, avoid driving in heavy **snow** but if you have to, keep your speed down. **Sheet ice** can also be very dangerous. Be extra cautious when approaching corners that are wet and do not see the sun. Report sheet ice to the council so grit can be arranged to minimize the hazard for other users.

### CLOTHING:

Wear the appropriate clothing for the conditions. Dress in layered clothing and wear some kind of head cover. Always take an extra set of clothes in case you get wet.

### FOOTWEAR:

This time of the year the chances of slipping are hugely increased – take the time to ensure your footing is good. Make sure there is plenty of tread or spikes on your boots. It is really important that your footwear fits correctly so that you get the support you need.

The shortest way may not always be the best way when walking from point to point. Breaker outs need to be especially wary.

### HYDRATION AND NUTRITION:

Your body uses a lot more energy to keep itself warm when the weather is cold. Because of this you will require extra food to compensate.

Start the day with a good breakfast... porridge is great for a 'high-carb' meal.

Soup or warm food is really useful on cold days. Remember that frequent small snacks are better than large stodgy meals that take longer to digest and may make you feel drowsy.

