WINTER READY DRIVING TIPS

If you are required to drive during winter, it’s your responsibility to ensure the health and safety of yourself and your passengers. Here are some tips on how to be winter ready on the road.

Prepare yourself

- Be alert during times when black ice can form, typically when temperatures fluctuate between +5°C and –5°C. Exercise caution and safety by reducing your speed when driving in shaded areas, on bridges and overpasses which can freeze faster.
- Increase the distance between your vehicle and the vehicle in front of you.
- Take time to plan the journey. Build time for any likelihood of reduced speeds and delays. Make sure to check road conditions before starting your trip.
- In adverse conditions, consider postponing your trip.

- Reduce speed when driving in areas with pedestrian traffic.
- Follow the “slow down move over” law when you encounter vehicles with flashing amber or blue and red lights.

Prepare your vehicles

- Inspect your vehicles before driving. Make sure winter tires or mud and snow tires are properly inflated.
- Remove snow and ice from the lights, windows, mirrors, and flat surfaces before you leave.
- Give your engine a pre-winter check-up, looking at such key parts as the belts, brakes, battery, exhaust, electrical, and cooling and heating systems.

WHY HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

Please visit the Safety and Security Office at the North End of SW01 for printed copies of the newsletters.

To submit ideas or suggestions for future installations, please contact OHS Office.

December 2016 First Aid Summary Report

FIRST AID SUMMARY REPORT

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

Emergency equipment to have in your car

- High visibility vest
- A hazard warning triangle
- A torch with batteries
- A tow rope
- A shovel
- Jump leads
- A fuel canister
- Spare fuses and bulbs
- De-icing equipment (both for glass and door locks)
- First aid kit
- A map or GPS
- Appropriate clothing and footwear in case you have to leave your vehicle
- A charged mobile phone
- Some food and drink

Inspect your car before a long trip

- Lights—Check if all your indicators and headlamps are clean and working.
- Oil—Top up the oil if necessary. Look for signs of leakages on the ground under the car.
- Windscreen wipers—Clean them regularly and replace them every 12 months.
- Tires—Check your tire treads and pressure, including the spare.
- Electrics—Check your dashboard before and after starting the engine. Listen for a weak battery and replace if necessary.

Source: winterready.ie/Be-Winter-Ready.aspx