Winter is Here – Are You Prepared?

Perhaps the harshest conditions you and your equipment will face occur in the winter months. Prepare yourself and your equipment now. Below are two checklists you may wish to use in anticipation of the cold months ahead.

Checklist for Equipment

- Brakes and Emergency Brakes in good working order
- Defroster/Heater Working
- Gauges Working Properly
- Windshield Wiper Blades in Good Condition
- Horn Functioning
- Antifreeze in Radiator
- Windshield Solvent
- Oil, Power Steering and Brake Fluids
- Headlights Working
- Back-up Lights Working
- Emergency Lights Working
- Turn Signals Working
- Mirrors Inside and Outside

Checklist for Driver

- Change of Clothes
- Gloves and Hat
- Blanket
- Flashlight
- Shovel
- High Calorie Foods/Water
- Auxiliary Cab Heater
- CB/FM Radio

Other Cold Weather Dangers

**Hypothermia** occurs when your body temperature drops below normal. Watch out for these symptoms:
- Uncontrollable shivering • Drowsiness • Heartbeat slows
- Slowed speech • Memory lapses • Disorientation
- Unconsciousness

**Frostbite** occurs from prolonged exposure to the cold. Symptoms include:
- Skin color changes • Pain • Cold & Numbness • Blisters