



# FAST Facts

FOR SAFETY

NOVEMBER 2008

## Inclement Weather

In the upcoming winter months as well as anytime, adverse weather conditions can take place without notice. Extreme care must be exercised during inclement weather conditions (snow, wind, rain and fog).

### Listed below are several tips for driving safe:

- Allow extra time for travel - excessive speed can cause accidents. Such conditions can cause slippery surfaces and reduce visibility. Slow Down... Nothing is Worth Your Life.
- Always maintain a safe distance between other vehicles and yourself to avoid collisions.
- In severe weather- Listen to your vehicle radio and be alert to upcoming traffic conditions.
- Bridges and overpasses freeze first, so always slow down and avoid sudden changes in speed or direction.
- Reduce speed for congested areas, side roads, uneven and rough road surfaces.
- Keep windows clear and your speed steady and slow, but not so slow that your car gets stuck in deeper snow.
- Make complete stops at stop signs.
- Use your brakes cautiously. Abrupt braking can cause brake lock-up and can cause you to lose steering control. To make antilock brakes work correctly, apply constant, firm pressure to the pedal.
- Avoid distractions while driving, cell phones, pagers, texting, eating, and other activities. Concentrate for safety!
- Avoid making abrupt stops and illegal u-turns.
- If you get stuck in snow, straighten the wheels and accelerate slowly. Avoid spinning the tires. Use sand or cinders under the drive wheels.
- Use extra caution when climbing in and out of vehicles. Keep your cell phone charged!
- During foggy conditions stay to the right of the roadway. Turn on your headlights — day or night — to low beam.
- Notify others that you are traveling and inform them of the route you are using.
- Never mix alcohol with driving. Alcohol slows down and distorts your brains messages to your body. Drinking puts your brain to sleep.

**For more information please contact Sheakley  
513-771-2277 ext. 2014 or 800-877-5055 ext. 2014**



Sheakley.com

513.771.2277 Phone

800.877.2053 Phone

One Sheakley Way

Cincinnati, Ohio 45246

Call Sheakley Health and Safety Services

at 800-877-5055 ext. 2014

for all your consultation needs.

# Sheakley

*It's done.*

