

# FACTS & FEATURES

HELPFUL HINTS FOR OUR FRIENDS AND CLIENTS

## Winter sports safety tips

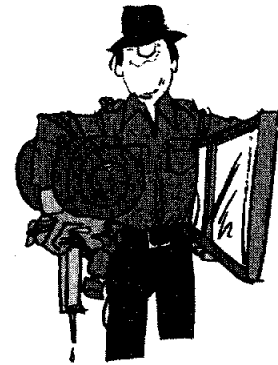


Sledding is a fun activity for kids of all ages. However, safety is of paramount concern, especially when children are involved. The American Academy of Pediatrics offers the following safety tips:

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a helmet while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.
- Avoid sledding in crowded areas.

Source: American Academy of Pediatrics, 141 Northwest Point Blvd., Elk Grove Village, IL, 60007, 847-434-4000

## Prepare now for a cozy winter



Winter weather is just around the corner in many areas, but a few simple steps can help you stay cozy indoors and save on heating costs, as well:

- Insulate open spaces – insulation is one of the most efficient and economical ways to reduce home heating costs. Check your local building codes to make sure your home is properly insulated. In most homes, insulation should be added to the attic and outside walls.
- Check doors and windows – precious heat can be lost through doors and windows. Storm windows and doors can cut heat loss in these areas by almost half. Double-insulated and triple-glazed windows are also effective heat-loss barriers.
- Seal up air leaks – you can also reduce air leaks by using inexpensive caulking around windows, doors and electrical outlets. Adding weather stripping to the tops and bottoms of windows and doors will help prevent drafts and heat loss.
- Put the wraps on your pipes – Wrapping your water heater and pipes can save energy by reducing heat loss. Special insulation for hot water pipes, especially where they're exposed in garage or basement areas, is also recommended.

Source: American Electric Power

## Winter Driving Safety Tips



Winter brings out two distinct types of drivers; those who treat the ice and snow with gentleness and care, and those who don't seem to distinguish between winter and summer driving! There is really no trick to being a good winter driver if you and your car are prepared. Consider the following:

- Make sure your car is ready for winter by having the engine tuned and proper tires mounted before the snow arrives;
- Carry emergency equipment in your vehicle, including a snow shovel, battery jumper cables, a bag of sand or traction pads, a towing cable, flares, a complete set of warm clothing and boots, blanket, and a few candles to keep you warm if the engine will not start;
- To get your vehicle moving if it is stuck in snow or on ice, rock the vehicle back and forth gently;
- Ice is a major hazard during winter driving, particularly "black ice," a thin layer of ice that is often invisible. Any sudden turns or acceleration on black ice can mean disaster;
- Remembers that ice forms first and melts last on bridges and overpasses, where cold air gets underneath, causing the temperature to drop faster than anywhere else;
- Keep your car's windshield washer fluid tank full. Winter slush can temporarily blind you, especially when you are following vehicles.

*Source: Safety Sense Enterprises, Inc., Ottawa, Ontario, Canada*

## Quotable Quotes

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Imagination will often carry us to worlds that never were. But without it we go nowhere.

-- Carl Sagan

Everything comes to him who hustles while he waits.

-- Thomas A. Edison

The older I grow the more I distrust the familiar doctrine that age brings wisdom.

-- H.L. Mencken