



Winter Weather Awareness

Monthly Training Topic
NV Transport Inc.
Safety & Loss
Prevention



Introduction

Winter is a beautiful time of the year, especially when a fresh layer of new snow covers the ground and makes a picturesque scenery.



Winter can also be a very dangerous time of the year. It pays to be prepared for the unexpected. Winter driving on roads and highways can be a pleasant adventure or it can be frustrating, tiring and sometimes even hazardous. The leading cause of death during a winter storm is transportation related accidents.

4 Key Steps for Winter Driving

The next 4 slides will go over 4 key strategies/Steps for winter weather driving. It is essential to plan ahead and be prepared. Preparation is KEY!

Four key strategies/steps:

- 1. Prepare yourself for winter driving***
- 2. Prepare your vehicle for winter conditions***
- 3. Prepare for emergencies (mechanical breakdowns, collisions, etc.)***
- 4. Prepare for other drivers who are **not** prepared for winter***



Step 1. Prepare Yourself for Winter Driving

Plan your trip

- *Allow yourself some extra time to reach your destination.*
- *Be aware of the latest road conditions prior to leaving and check the status throughout the day.*
- *Have alternate routes ready in case of road closures.*
- *Dress warmly by wearing layers of light weight loose-fitting clothing.*
- *Bring along water, snacks, warm blankets, extra clothing and a first aid kit.*
- *Make sure your cell phone/CB radio is working properly and is charged.*
- *In addition, check all fluid levels, battery connections, and defroster system before leaving on your trip and throughout your day.*



Step 2. Prepare Your Vehicle for Winter Conditions

Perform a thorough pre-trip inspection and know the FMCSA Regulations

It is imperative to the driver's safety that a thorough pre-trip inspection be completed during inclement weather and a post trip documented at the end of the trip. Performing a Pre-Trip Inspection is also a requirement of the FMCSA and should never be over looked.

“No commercial motor vehicle shall be driven unless the driver is satisfied that the following parts and accessories are in good working order.....” –FMCSA

- ***Service brakes***
- ***Steering***
- ***Lighting***
- ***Tires***
- ***Horn***
- ***Windshield Wipers***
- ***Rear-vision mirror***
- ***Coupling Devices***



Step 3. Prepare for Emergencies

Know what to do if you are involved in a vehicle breakdown:

- *Don't panic. Remember, common sense could be critical to survival.*
- *Pull as far off the road as possible (your greatest personal danger at this point is that of being hit by a passing vehicle).*
- *Know your limitations; do not over exert yourself, especially when shoveling snow. Physical activity may be more strenuous than your body can tolerate.*
- *Follow the company policy/procedure for vehicle breakdowns.*

Know what to do if you are involved in a vehicle collision:

- *Don't panic. Again, common sense is critical.*
- *Ensure you are not injured.*
- *Ensure other people involved are not injured.*
- *Treat any injuries accordingly.*
- *Notify the proper authorities.*
- *Follow the company policy/procedure for vehicle collisions.*

Step 4. Prepare For Other Drivers

Be very observant. Watch other vehicles and constantly scan your surroundings for possible dangers.

Be conscious that visibility is often limited in winter by poor weather conditions.

Be especially careful when approaching curves and intersections. Inexperienced drivers may lose control.

Increase braking distance and allow for plenty of space between you and other vehicles.

Always expect the unexpected.



Winter Weather Driving Tips

Always wear your seat belt

Slow down!

- *Posted highway speed limits are for dry, clear pavement.*
- *Decelerate well in advance of an intersection/curve/turn.*

Exercise caution on bridges/overpasses

- *Bridges and overpasses will freeze before regular pavement.*

Leave Room for Maintenance Vehicles

- *Leave approximately 200 ft between you and maintenance vehicles.*
- *Never pass on the right.*
- *Don't travel along side of the plow.*

Signal your intentions early

- *Avoid sudden stops and quick direction changes.*
- *Keep your headlights on at all times.*
- *Use your low beam headlights when visibility is poor.*



Winter Weather Driving Tips

Keep your windshield and mirror clean and clear from ice/snow

- ***Utilize a snow brush to remove any excess snow/ice from your vehicle roof top.***
- ***Use your defroster to keep windows clear of fog.***

Be extra cautious driving in wintry conditions

- ***Always be alert to rapidly changing conditions during winter months.***
- ***Take extra caution when traveling through blowing/drifting snow, falling snow, icy conditions and black ice.***
- ***Watch for vehicle spray; if spray is coming up then chances are good the water is NOT freezing.***

Be extra cautious when walking on or through snow/ice

- ***Always wear appropriate footwear for the weather conditions.***
- ***Always use a solid 3 point contact stance when entering and exiting vehicle cabs.***

Be familiar with the symptoms of cold related stress. These symptoms include, but are not limited to the following:

- ***Fatigue, confusion, shivering, slowed breathing.***



ABS (Anti-Lock Braking System)

If your vehicle has ABS (Anti-lock Braking System), which is designed to prevent your wheels from locking up when braking, make sure you understand that a constant pressure from your foot is required. ABS systems have been a proven enhancement to stopping a vehicle in poor conditions.

When the ABS engages, you'll hear a rumble from the brakes and the brake pedal will vibrate under your foot. The ABS computer is controlling which wheel is braking in order to prevent a skid.

- NOTE: Resist the temptation to take your foot off the brake while ABS is engaged; maintain constant pedal pressure. If you are not sure what type of brakes your vehicle has, re-read the owners manual or tech manual (or ask your company's maintenance supervisor for help).*



Summary

Preparation is KEY!

- ***Before leaving on your trip, be sure to prepare (1) Your vehicle (2) Yourself (3) In the event of an emergency (4) For other people on the road.***

Be a safe driver

- ***Slow down and leave extra space between your vehicle and others.***
- ***Signal your intentions early and understand visibility is limited in inclement weather.***
- ***Be extra cautious when driving on bridges/overpasses, blowing/drifted snow and on black ice.***

Know how to properly use your vehicle's ABS

- ***When brakes are engaged, you will hear a rumble and feel a vibration. Do not release your foot from the brake.***

Quiz

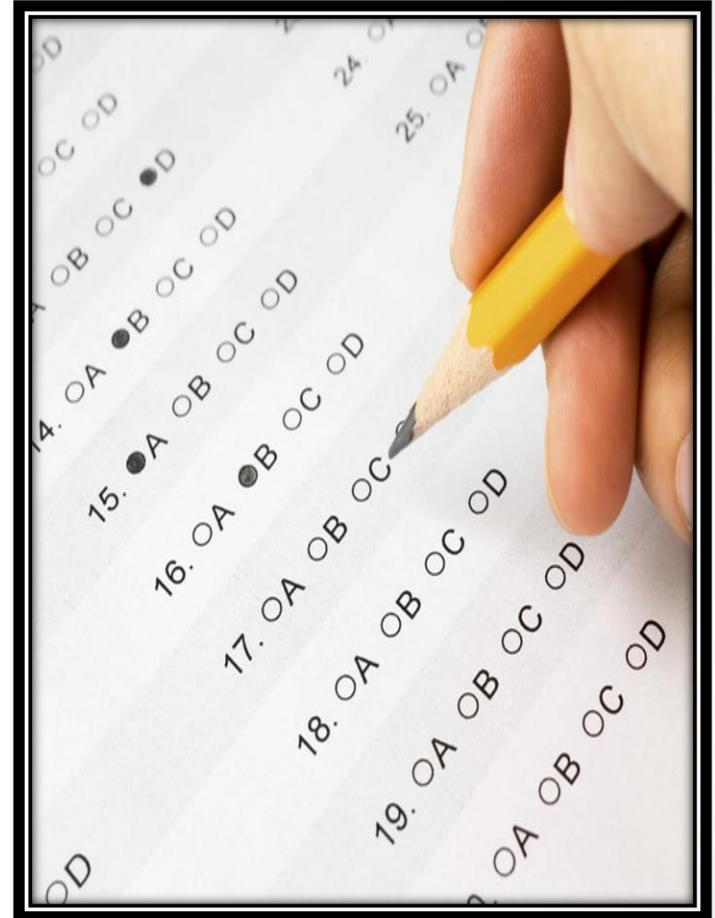
1. **True or False?** One tip in the 4 steps of preparation is to perform a pre-trip inspection
2. **In regards to Winter Weather Driving, _____ is Key. (Pick the best)**
 - A. Preparation
 - B. Expecting the unexpected
 - C. Being cautious
 - D. Obeying the speed limit
3. **True or False?** On an icy road you should increase speed and decrease following distance.
4. **True or False?** The posted speed limits are for dry surfaces.
5. **When driving in winter weather you should always expect the _____?**
 - A. Worst
 - B. Best
 - C. Unexpected
 - D. Conditions to improve
 - E. None of the above

Quiz

6. **True or False?** *When the Anti-Lock Braking System engaged it is important to keep your foot pressed to the brake pedal*
7. **When performing an inspection, you should ensure which of the following is in working condition?**
 - A. **Brakes**
 - B. **Lights**
 - C. **Tires**
 - D. **Horn**
 - E. **All of the above**
8. **True or False?** *Bridges and overpasses freeze before pavement.*
9. **Which of the following is a symptom of cold related stress?**
 - A. **Confusion**
 - B. **Fatigue**
 - C. **Slow breathing**
 - D. **All of the above**
10. **True or False?** *Always use a solid 3 points of contact when exiting the vehicle*

Quiz Answers

1. **True**
2. **A**
3. **False**
4. **True**
5. **C**
6. **True**
7. **E**
8. **True**
9. **D**
10. **True**



Question or Comments?



Additional Information on Rules and Regulations

This document is intended to be a guide on applicable rules and regulations. Although it may be used as a guide/reference for your training needs, this document is not intended to be used as the standard for FMCSA rules and regulations.

Additional information can be found on the FMCSA website.

The FMCSA website will contain the most accurate and up-to-date information on any and all applicable rules and regulations.

<http://www.fmcsa.dot.gov>

