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Shelby Safety Net

PREPAREDNESS TIPS AND PRACTICES TO KEEP YOU, YOUR FAMILY, YOUR BUSINESS AND COMMUNITY SAFE

Be Prepared this Festive Season

Winter storms and blizzard conditions can make traveling on roads and highways treacherous. Prepare yourselves and your vehicles and be ready before the onset of winter. Keep your pet's safety in mind during the busy days ahead. Should you be stranded in your vehicle, heed the survival advice in this newsletter. Enjoy a wonderful holiday season celebrating with family and friends!

The 3P's of Safe Winter Driving



Prepare for the Trip

Protect Yourself

Prevent Crashes on the Road

- ▶ **PREPARE** - Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.
- Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.
- ▶ **PROTECT YOURSELF** - Buckle up and use child safety seats properly. Never place a rear-facing infant seat in front of an air bag. Children 12 and under are much safer in the back seat.
- ▶ **PREVENT CRASHES** - Slow down and increase distances between cars. Keep your eyes open for pedestrians walking in the road. Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.

Source: <https://www.osha.gov/Publications/safeDriving.html>

Learn how to add the mobile version of [weather.gov](https://www.weather.gov/wrn/mobile-phone) to your iPhone or Android phone. Visit <https://www.weather.gov/wrn/mobile-phone>

Be Smart.

Be Ready.

Be Prepared.

Protect Your Pets from Holiday Hazards



The winter holidays are a wonderful time to spend with family and friends, but be aware of the hazards the season can bring to your pets. Avoiding these four common household hazards will help your pet have a safe and happy holiday.

Dangerous holiday foods – Many foods that are tasty to people are toxic to pets. Make sure to keep your pet on a regular diet and caution your guests not to share food with them. Especially dangerous are fat or spicy foods, chocolate, sugar free candies containing xylitol, grapes or raisins. Avoid onions and garlic, bread dough, and nuts.

Decorations – Tinsel and ornaments aren't toxic, but they can block your pet's intestines. Ornaments pieces and hooks can damage your pet's stomach and intestines. Christmas tree water many contain dangerous fertilizers or bacteria. Do not add aspirin to your Christmas tree water!

Holiday lights and Candles - Keep lit candles and extension cords out of your pet's reach. Avoid serious accidents and use flameless candles. Keep cords well concealed to avoid burns or shocks.

Toxic plants – Mistletoe, holly, poinsettias, pine, Christmas cactus, among other plants are potentially dangerous to your pet if eaten.

Source: <https://www.lib.ncsu.edu/sites/default/files/files/pdfs/SVECCSholidayhazards.pdf>

🌿 Enjoy the holidays but don't abandon health habits during the holidays. 🌿 Get plenty of sleep, exercise and plan your meals ahead of time.

Find the Shelby Safety Net on-line at <http://co.shelby.oh.us/>



Survival Advice If Stranded in Your Vehicle

If you become stranded while traveling in your vehicle, the best advice is to remain with the vehicle. If nothing else, you are guaranteed shelter. Other useful tips include:

- Tie a bright colored cloth (handkerchief, towel, etc.) to the vehicle's antenna, driver door handle or outside mirror.
- Keep the exhaust pipe clear of snow so you don't risk carbon monoxide poisoning.
- Run the engine and heater no more than 10 minutes every hour, leaving a downwind window slightly open for ventilation while the engine is running.
- Light a flare or turn on a flashlight to let others know you're stranded in the vehicle.
- Use floor mats, seat covers and blankets for added warmth. If you must leave your vehicle during a severe snow storm or blizzard, secure a line of rope or cord to yourself and the vehicle to avoid becoming lost or disoriented.
- Keep bottled water in your emergency kit or vehicle. Drinking water will help you stay warm and maintain a healthy body temperature. Don't eat snow. It will chill you and lower your body temperature.
- Remain calm. Chances for rescue are better if you remain calm and in your vehicle.

Source: <https://www.ready.gov/winter-weather>

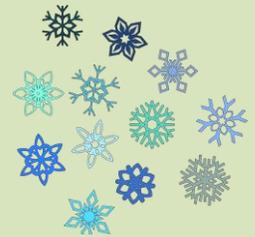
Public Information: For more information about the Shelby County Safety Committee, please contact the Shelby County Commissioners Office, 129 E Court St, Sidney OH 45365, 937-498-7226.

The purpose of the Shelby County Safety Committee is to outline safety guideline requirements which will provide the basis for compliance with the Occupational Safety and Health Act (PERRP/OSHA) Part 1910 – Occupational Safety and Health Standards for the Code of Federal Regulations Title 29. To provide a mechanism to conduct self-audit evaluations to ensure the safety and health of site employees, and to provide a safe and healthful work environment.



Always keep these numbers posted in an easy-to-find location in case of emergencies:

- **Your veterinarian's clinic phone number**
- **24/7 emergency veterinary clinic (if different)**
- **ASPCA Poison Control Hotline: 1-888-426-4435**



Register with the Shelby County emergency mass notification system <http://co.shelby.oh.us> or by phone 937-265-8400 to receive tornado and other severe weather warnings. Messages come via phone, text, or both.

Be Prepared. Before leaving home, check ODOT's travel information site for the latest in statewide winter road conditions. www.ohgo.com

