



Emergency Preparedness

ROADSIDE SURVIVAL

A routine motor vehicle trip can quickly turn into a struggle for survival. When you are safe and comfortable inside a heated car, the great outdoors seems far away. But a breakdown, road wreck or impassable road conditions can quickly bring you face to face with the elements.

Never forget your surroundings when you travel. Be prepared for survival if things go wrong.

Before you set out, make sure your vehicle is in good running condition. Perform the recommended maintenance to prevent mechanical failure, and have regular tune-ups so the vehicle will run in all weather conditions.

Check these systems before you hit the road:

- *Battery:* The colder the weather, the better condition your battery should be in.
- *Ignition:* An unreliable starter can be a serious situation if you are out of town.
- *Lights:* Headlights should be properly aimed and all signals should be working.
- *Brakes:* They should perform evenly.
- *Tires:* Check that they are in good condition, properly inflated, correctly

matched and of the appropriate type for driving conditions.

- *Exhaust:* Check for leaks which could allow carbon monoxide to enter your vehicle.
- *Heating & Cooling:* Examine components cracks and leaks. Keep the antifreeze level full.
- *Wiper & Washer:* Examine the blades and use the correct washer fluid for the season.

Check the road reports and the weather forecast frequently while you are traveling, particularly in winter when conditions can deteriorate rapidly.

Keep the fuel tank full. You might have to take a detour or you might have to run the engine to keep warm if you are stranded.

Tell someone where you are going and when you expect to arrive. Phone if you change your route. Stick to the main roads.

Clear snow and ice from the vehicle including the roof, windshield, all windows, lights and mirrors.

ADAPTED FROM A RESOURCE AT WINDSOR OCCUPATIONAL HEALTH INFORMATION SERVICE



These are suggested emergency items to keep in the trunk or cargo area of a vehicle:

- *Shovel*
- *Tire chains*
- *Fire extinguisher*
- *Ice scraper and brush*
- *Ax*
- *Tow chain*
- *Sand or kitty litter for improved traction*
- *Bucket*
- *Booster cables*
- *Extra windshield de-icer and antifreeze*

Don't forget to carry a spare tire, properly inflated, along with a jack and other tools for changing a tire.

In the passenger area of the vehicle you should carry:

- *Flashlight*
- *Matches or lighter*
- *Warm clothing including extra socks and gloves in case you get wet*
- *First aid kit*
- *Sturdy, weather resistant footwear*
- *Food such as energy bars, nuts or dried fruit*
- *Blanket or sleeping bag*
- *A candle in a metal can to use for heat and light*
- *Drinking water*

A cellular telephone can be an important survival tool for travelers. Consider carrying one, especially if you drive alone or through uninhabited areas.

Only a thin layer of glass and steel separates you from the outside world, with its severe weather and other hazards. If your vehicle becomes disabled you could find yourself in a life-threatening situation. Be prepared for survival when you travel

Source: Bongarde Communications Ltd.



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