

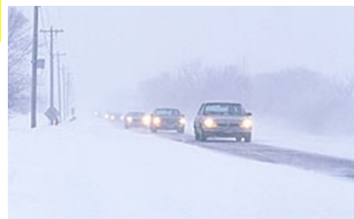
## DRIVE ALIVE! WINTER DRIVING SAFETY TIPS

### Winter Driving - Be Prepared, Be Safe!

In *winter driving* conditions, it takes all vehicles longer to stop on ... so you can recognize *hazards* and have plenty of time to respond. ...([go to link for full article](#))

### OHS Answers: Driving Tips - Winter

What should I include in a *winter driving* kit? ... *Driving Tips* - *Winter* · *Electrical Safety* - *Basic Information* · *Emergency Showers* and ...([go to link for full article](#))



905-660-5969

Crash Trucks

Lane Closures

Detours

Flagging

Rentals

Traffic Plans

1-866-434-1994

[ontracksafety.ca](http://ontracksafety.ca)

## TIPS FOR WORKING SAFELY IN COLD WEATHER

- Recognize conditions that can lead to prolonged exposure to cold.
- Learn the signs and symptoms of cold-induced illnesses and injuries and what to do if they occur.
- Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue and confused behavior. If these signs are observed, call for emergency help.
- Wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.
- Take frequent short breaks in warm, dry shelters to allow your body to warm up.
- Try to schedule work for the warmest part of the day.
- Avoid exhaustion or fatigue, because energy is needed to keep muscles warm.
- Use the buddy system - work in pairs so one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas and hot chocolate) or alcohol.

Eat warm, high-calorie foods such as hot pasta dishes

## RENTAL SPECIALS

**ALL RENTALS**

**LOWEST PRICES**

**TC-12's**

**TC-54's**

**Wind Master Signs**

*Call for pricing*

## CRASH TRUCKS / FREEWAY CREWS



### Portable Crash Cushion Saves Lives of Maintenance Crews

If it is not practical to install barriers, or if the project is expected to require five days or less to complete, crash trucks shall be adequately positioned to protect workers. O.Reg.145/00, s.21.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [info@ontracksafety.ca](mailto:info@ontracksafety.ca) or call 905-660-5969