

Winter Preparedness

Preparing yourself, both at work and at home for winter conditions makes good sense. Following are some suggestions on preparing. The general rule of thumb is to prepare for 72 hours.

AT HOME

FOOD Keep a supply of food that can be eaten when power is unavailable

- Stock up on easily prepared foods that do not require refrigeration.
- Include things like powdered and canned milk, non refrigerated juice, energy bars, and food that does not require cooking.
- Remember that staying warm takes energy.

WATER Recognize that you may be without water for a significant time if pipes freeze or water mains break. Without power, pumps won't work.

- Know where your shut-off valve is.
- Run water in a sink to help prevent freezing pipes.
- You have a reservoir of water in the hot water tank.
- You can fill the tub before things shut down.
- You can start now buying a gallon a week and storing it. If you have been preparing for an earthquake or general emergency, you should have a gallon per person per day for 3 days already stored.

POWER Power is frequently required for your heat, light, and food preparation.

- If you have an electric garage door opener, do you know how to open it if the power goes out? It may be time to find the instruction manual.
- Remember proper ventilation. Fumes can kill.
- DO NOT USE A BARBECUE as a heat source.
- DO NOT LEAVE CANDLES unattended - including while sleeping.
- When the power goes off, turn off/unplug everything except for one light to signal you when the power goes back on or it could ruin your electrical equipment.
- Close off extra rooms. Maintain a small area for warmth.
- Keep doors and curtains closed.
- Put towels or blankets across the bottoms of doors to keep out drafts.
- Keep refrigerator and freezer doors closed.
- A fully loaded freezer will keep food safe to eat for two days without power.
- A portable generator should not be hooked directly into your electric system unless a transfer switch has been installed by a licensed electrician. Without it, a fatal shock could be delivered to a line worker performing maintenance or repairs in your area.
- A cell phone frequently works even when the phone lines go down.

HOME EMERGENCY SUPPLIES

Check on and replenish supplies

Batteries	Wood/Pellets	Radio
Flashlights	Matches	Candles
Large pot for heating water	Manual can opener	Camping equipment
Sterno	Paper plates	Extra medication
Wind up clock	Plastic utensils	Cards/games/books
Personal hygiene items	Cash, spare change	Plastic garbage bags
Signal flares	Sturdy shoes or boots	First aid kit
Fire extinguisher	Emergency solar blanket	Leather palmed work gloves
Safety glasses or goggles	Whistles	Plastic sheeting and duct tape
Dust masks		

YOUR CAR

- Consider the possibility that you may become stuck.
- Check your antifreeze now.
- Have chains and know how to mount them.
- Consider carrying a bag of sand or kitty litter.
- Carry a small shovel.
- If your battery is old, now is the time to start planning to buy a new one.
- If an extended period of near or below zero temperatures occurs and you park your vehicle outside, consider running a trouble light to leave on under the hood. The heat from one bulb can keep the engine healthy.
- Keep your fuel tank full to avoid water in the fuel line.
- Try not to travel alone, especially if severe storms are predicted. Let people know where you are going and when you expect to get there.

CAR EMERGENCY KIT

Start collecting an emergency kit for your car. The Red Cross suggests:

Blankets or sleeping bag	Windshield scraper
Flashlight and extra batteries	Tow rope
Utility or camp knife	Jumper cables
High calorie, non perishable food	Water
Non-electric can opener	Compass
Extra clothing	Road map
A large empty can with plastic cover	Consider a cell phone
Toilet paper and towels	First aid kit
A small can and water proof matches to melt drinking water	Brightly colored, large cloth to tie on antenna to attract attention
Tire chains	Small tools (pliers, wrench, screwdriver)
Small shovel	Sturdy boots or shoes
Necessary medications	Extra mittens, socks, and warm cap
Flares	Extra newspapers for insulation
Change	

AT WORK

Suggestions for a work mini-kit include:

Portable radio and spare batteries	Sturdy, comfortable shoes
Flashlight with spare batteries	Extra clothes
Small first aid kit	Space blanket
Bottled water	Essential medication
Small supply of non-perishable food, snack type	Plastic zip-closing bags, toilet tissue
Heavy work gloves	

FOOD AND WATER EXAMPLE

One Person, 72 hours

Apple juice 2 cans, 7.5 oz (flip top)	Smoked or dried meats (beef jerky)
Granola bars – 2 each	Tuna – 2 cans, 3.25 oz
Mixed fruit – 2 cans, 4.5 oz	Unsalted crackers, 4 oz
Pork and beans – 2 cans, 8 oz	Bottled water – 3 gallons
Peanut butter – 1 jar, small	