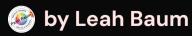
## Stay Frosty: Winter Traffic Tips from the Longmont **Emergency Unit**

As the Longmont Emergency Unit, we're here to share our top tips for staying safe on the roads this winter. From navigating icy conditions to responding to emergencies, we've got you covered.





### Move Over for Emergency Vehicles: Keeping the Roads Clear



### **Hear the Siren**

Stay alert and keep an ear out for approaching emergency vehicles.



### Move to the Side

Safely pull over and make way for the emergency vehicle to pass.



### **Keep the Road Clear**

Your quick response can save precious seconds in an emergency.



## Four Wheel Drive, Four Wheel Slide: Mastering Winter Driving

#### **Slow Down**

Reduce your speed to maintain control on icy or snowy roads.

### **Braking Technique**

Gently pump the brakes to avoid skidding, and leave extra distance for stopping.

### **All-Wheel Assist**

Four-wheel drive can help with traction, but doesn't prevent sliding on ice.

## Snow Shoveling and Cardiac Arrest: A **Dangerous Combo**

Take Breaks

Shoveling snow is strenuous work. Rest frequently to avoid overexertion.

**Stay Hydrated** 

Drink water to maintain fluid levels and prevent dehydration.

Seek Help

If you experience chest pain or shortness of breath, call 911 immediately.





## Ice, Snow, and Accidents: Navigating the Winter Wonderland

1 Slow Down

Reduce your speed to maintain control on slippery roads.

Increase Distance

Leave extra space between you and other vehicles to allow for longer stopping distances.

Stay Alert

Be mindful of potential hazards, such as black ice and hidden obstacles.



# Hazard Ahead: Identifying and Avoiding Winter Road Risks

#### **Black Ice**

This invisible, slippery surface can catch drivers off guard. Approach with caution.

### Fallen Trees/Power Lines

Winter storms can bring down hazards that block the road. Avoid these areas.

### **Snowdrifts**

Deep piles of snow can obstruct your view and your path. Slow down and stay alert.

### **Reduced Visibility**

Blowing snow and fog can severely limit your sight. Use extra caution.

# Staying Safe on the Roads: Lessons from the Longmont Emergency Unit

1

### **Prepare Your Vehicle**

Ensure your car is winter-ready with good tires, wiper fluid, and emergency supplies.

2

### **Drive Defensively**

Anticipate the actions of other drivers and be ready to react quickly.

3

### **Know What to Do**

If you're in an accident, stay calm and call 911 for immediate assistance.





## Hazard Ahead: Dial 911 for Emergency Assistance

Stay Calm

**Describe the Situation** 

**Follow Instructions** 

If you encounter a winter driving emergency, don't hesitate to call 911. Our team is ready to respond and provide the assistance you need.