

January 23, 2025
Volume 2, Issue 1



Pennsylvania Quarterly Safety Newsletter



2024-2025 Safety Awards

Recognition is given each year to one Firefighter, Police Officer, EMS responder, and 911 Dispatcher. All nominations are made through a Pennsylvania VFW Post.

Post Commanders nominated local safety personal and turned their nominations and their applications into department by December 15th, 2024

From there, the Departments Safety chairman has the post and district winners judged. The winner of each category is then sent onto Nationals.

The Winners are Announced at Convention. PA is excited to announce our winners, in due time. Stay tuned, Convention is only a few short months away.

Inside this issue

Snow Shoveling Injuries	2
Being Prepared	3
Home and Driving	4
Falls and oh no Frozen pipes	5

Special points of interest

- 2024-2025 Safety awards
- 8 tips for Winter Safety
- Upcoming dates



Avoid Snow Shoveling and Injuries

Shoveling snow or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

While most people won't have a problem, shoveling snow can put some people at risk of heart attack. Sudden exertion, like moving hundreds of pounds of snow after being sedentary for several months, can put a big strain on the heart. Pushing a heavy snow blower also can cause injury.

And, there's the cold factor. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which decreases blood supply. This is true even in healthy people. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

The National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them; every minute counts

Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.

Snow Blower Safety

In addition to possible heart strain from pushing a heavy snow blower, stay safe with these tips:

- If the blower jams, turn it off
- Keep your hands away from the moving parts. Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Add fuel outdoors, before starting, and never add fuel when it is running
- Never leave it unattended when it is running



VFW
NO ONE DOES MORE FOR VETERANS.

BE PREPARED

Drive Safely

AAA offers the following driving tips:

- Avoid using cruise control in wintry conditions
- Steer in the direction of a skid, so when your wheels regain traction, you don't have to overcorrect to stay in your lane
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- If possible, don't stop when going uphill

If visibility is severely limited due to a whiteout, pull off the road to a safe place and do not drive until conditions improve. Avoid pulling off onto the shoulder unless it is an absolute emergency. Limited visibility means other vehicles can't see yours on the shoulder.

You can also

1. **Stay home** if the weather is bad.
2. **Remove snow and ice** from your vehicle.
3. **Minimize distractions** while driving.
4. **Use AWD and 4WD** for better traction.
5. **Keep a full tank of gas or stay fully charged.**
6. **Use sand if tires get stuck.**
7. **Educate teen drivers on driving in snow.**

Tips for driving in icy conditions include:

- Drive slowly if you expect to run into frost or freeze.
- Leave space between your car and the vehicle in front of you.
- If you're caught on black ice, keep your steering wheel straight. ...
- Do not brake — braking causes the vehicle to slide, especially if you brake too hard.

Take your foot off the accelerator to reduce speed. ...

The Invisible Threat: Understanding Black Ice

- 1. The Wet-Looking Patch On A Cold Day Black ice, to the untrained eye, can simply look like a wet spot on the road. ...
- 2. Lack Of Air Bubbles: The See-Through Appearance Unlike frost or other types of ice, black ice has a particularly smooth and clear appearance. ...
- 3. Check For Reflections: The Shiny Surface

And Don't Forget SUMMER is just around the Corner!!



Outside Fun

Remaining indoors during the winter is appealing. But you and your family may want to venture outdoors to enjoy winter activities. When you do, take these steps to prevent serious injuries and illnesses, like hypothermia and frostbite:

- Wear layers of light and warm clothing, a wind-resistant coat, waterproof shoes, and a hat, gloves, and scarf.
- Work slowly when engaged in outdoor tasks, such as shoveling your driveway or removing snow from your car. Take a friend and carry a charged cell phone when participating in outdoor activities.



Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, over 400 people die and 50,000 are treated for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as "flu-like" – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

you can get a free carbon monoxide detector by:

- Checking with your local fire department or utility company
- Looking for government assistance programs
- Utilizing community outreach programs
- Taking advantage of promotions and giveaways
- Seeking assistance from non-profit organizations

Prepare Your Car

Is your car ready for winter travel? It's not too late to winterize your car. Check out these car care tips to prepare you for winter driving:

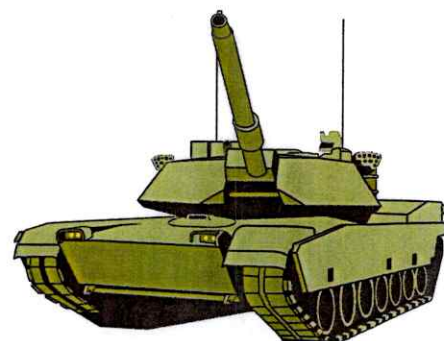
- Check your tires and replace with all-weather or snow tires, if necessary.
- Keep your gas tank full to prevent ice from getting in the tank and fuel lines.
- Use a wintertime fluid in your windshield washer. Make an emergency kit to keep in your car. Include water, snacks, first-aid kit, blankets, flashlight, extra batteries, portable cell phone charger, and emergency flares.



Prepare Your Home

Winterize your home to help protect yourself and your family from any potential damage the cold temperatures and snow may bring. Follow these tips to keep your home safe and warm:

- Check your heating systems.
- Clean out chimneys and fireplaces.
- Closely monitor any burning fires or candles.
- Check your carbon monoxide and smoke detectors.
- Remove ice and snow from walkways to prevent slips and falls.
- Keep an emergency kit in your home that includes flashlights, extra batteries, a first-aid kit, extra medicine, and baby items. If you lose power, your kit should also include food and water for three days for each family member, warm clothing if you have to evacuate, and toys and games for children.



Prevent Falls This Winter

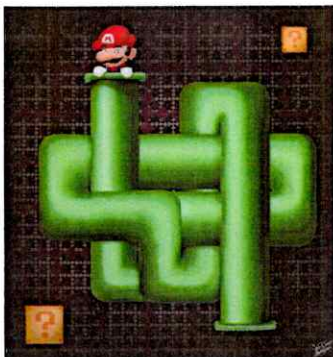
When the rain and snow starts to fall, so do people. In fact, falls are the leading cause of nonfatal injuries in adults 45 and older. Protect yourself from a life-changing injury this winter with these safety tips:

1. **Choose the right shoe.** Shoes and boots need to fit properly and have soles with good traction. Snow boots or hiking boots will provide the best protection for the worst type of weather.
2. **Leave early.** Falls are more likely to happen when you're in a rush. Allow yourself plenty of time to get to where you're going.
3. **Walk like a penguin.** Take short steps and walk as flat-footed as possible on icy or slippery ground.
4. **Keep your hands free.** You'll need them to help you balance, so avoid carrying heavy loads and keep those hands out of your pockets.
5. **Remove snow and ice from walkways frequently.** Don't wait for it to melt. That could take awhile. Apply ice melt and ask for help if you need it.
6. **Keep the lights on.** If you have exterior lights on your home, use them to help see where you're walking at night.

Tips to prevent frozen pipes

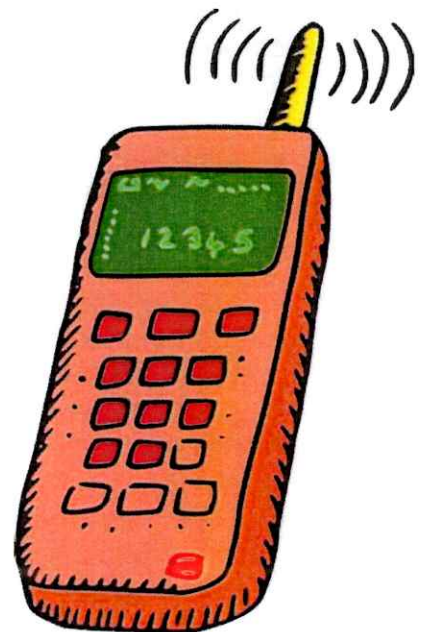
Use foam pipe insulation sleeves.

- Pay special attention to pipes in attics, basements, and crawl spaces.
- Ensure proper insulation around elbows and joints.
- Disconnect garden hoses.
- Seal any air leaks.
- Let faucets drip.
- Secure outdoor spigot/hose faucets with a weather cover.
- Locate your water shut-off valve.
- Identify unheated spaces that are most at risk for freezing.
- Know your pipes' and shut-off valve's locations, and do preventative maintenance. ...
- Drain outdoor water lines annually. ...
- Turn on faucets ahead of, and during, freezing weather.
- Keep your house extra warm when temperatures are at or below freezing.
- Leave sink cabinet doors open to warm indoor pipes.



Keep a Charged Phone With You

Your cell phone can help with any emergency you may come across walking, driving, or playing in the snow. It's important to keep a charged cell phone with you or anyone you are out with, so you can call for help if anything were to happen!



PA Department of The VFW

4002 Fenton Ave, Harrisburg, PA
17109

State Commander: Barbara Loncar

Pennsylvania played a critical role in establishing the VFW of the United States. A framed flag at our headquarters in Harrisburg historically shows that Post #1 of the forerunner of the VFW—the American Veterans of Foreign Service—started in Philadelphia. The American Veterans of Philippine and China Wars was created in Philadelphia, which later merged with the Pennsylvania AVFS. In western PA, the Philippine War Veterans organization has chapters in Pittsburgh and Altoona. In 1903, these groups merged to form the AVFS, which merged with the Ohio AVFS in 1905, creating the foundation of today's VFW.

Important upcoming dates

Jan 1	New Year's Day
Jan 8	Battle of New Orleans
Jan 9	National Day of Mourning for Jimmy Carter
Jan 19	Robert E. Lee's Birthday
Jan 19	Confederate Heroes' Day
Jan 20	Martin Luther King Jr. Day
Jan 20	Civil Rights Day
Jan 20	Inauguration Day
Feb 1	National Freedom Day
Feb 1	First Day of Black History Month
Feb 2	Groundhog Day
Feb 4	Rosa Parks Day
Feb 6	Ronald Reagan Day
Feb 12	Lincoln's Birthday
Feb 15	Susan B. Anthony's Birthday
Feb 17	Presidents' Day
Mar 1	First Day of Women's History Month
Mar 29	National Vietnam War Veterans Day
Mar 30	Wyoming Veterans Welcome Home Day

PA VFW Department dates.

January 24-25 Mid-Winter Conference: Eisenhower Hotel, Gettysburg, PA
Feb 28-March 4: Voice of Democracy Celebration: Washington, DC
March 1-5: Legislative Conference, Washington, D.C.
March 14-16: Women Veterans Conference/Expo – State College, PA
April 11-12: Commander & President Joint Testimonial – Eisenhower Hotel, Gettysburg
May 1: Loyalty Day
May 26: Memorial Day (Department HQ Closed)
June 11-14 Department Convention: Eisenhower Hotel, Gettysburg
June 19: Juneteenth
June 28: VFW National Home 100th Anniversary Celebration, Eaton Rapids, MI

PA Department of the VFW

Department **Safety** Chairmen

Brian Delaney

500 Main St

Simpson, PA. 18407

Phone: 570-282-6020

Cell: 570-575-3589

Website: www.vfwpa.org

E-mail: vfwpost4712adj@outlook.com

Email: bdelane21@yahoo.com

**"A moment of caution
can prevent a lifetime
of regret." - Unknown**



