

WINTER SAFETY AT HOME

Before a winter storm strikes, ensure that you are prepared by stocking your home with the following essential items:

- ✓ Flashlight and extra batteries
- ✓ Battery-powered NOAA Weather Radio and commercial radio
- ✓ Extra food and bottled water
- ✓ Extra supply of critical medicine and first aid items
- ✓ Safe emergency heating source

Stay inside during the storm. If there is no heat, close off unneeded rooms and stuff towels or rags in cracks under the doors. If you must go outdoors, be sure to wear several layers of loose-fitting, lightweight, dry clothing and a warm hat. Cover your mouth with a scarf. Also, mittens preserve body heat better than gloves.

Farmers and ranchers face additional obstacles during hazardous winter weather. Being prepared to keep livestock safe is crucial. Move animals to sheltered areas and ensure that extra feed is available in these areas. Be sure to have an adequate water supply available. Most animal deaths during winter storms are from dehydration.

Wind Chill is a term used to describe the rate of heat loss from the human body resulting from the combined effect of low temperature and wind. The Wind Chill Index is designed only for humans and has no effect on inanimate objects. The chart below can be used to determine what the Wind Chill Index is at your location.

		Temperature (°F)																		
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
Wind (mph)	Calm	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	5	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	25	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	30	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
60	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite occurs in 15 minutes or less

Road Condition Information

Wyoming	888-WYO-ROAD	www.wyoroad.info
Colorado	303-639-1111	www.cotrip.org
Idaho	888-432-ROAD	itd.idaho.gov/Apps/RoadReport
Montana	800-226-ROAD	www.mdt.mt.gov/travinfo
Nebraska	800-906-9069	www.dor.state.ne.us/rca
South Dakota	866-697-3511	www.sddot.com
Utah	866-511-UTAH	www.dot.state.ut.us

NOAA Weather Radio (NWR) provides broadcasts of the latest weather information from your local National Weather Service office 24 hours a day. These radios are either battery-operated portables or AC-powered desktop models with battery back-up. While NWR's weather broadcasts won't be found on the standard AM/FM radio bands, some CB radios, scanners, shortwave, and maritime radios are capable of receiving the weather band frequencies. Also, many weather radios are small enough to take along on the road or on outdoor activities and can enable you to keep abreast of the latest weather changes. You can purchase NOAA Weather Radio at your local electronics or department store.

Wyoming NWR Frequencies

Transmitter	Frequency	Transmitter	Frequency
Afton	162.425	Kemmerer	162.525
Casper	162.400	Lander	162.475
Cheyenne	162.550	Lead, SD	162.525
Cody	162.400	Mammoth	162.425
Dubois	162.450	Newcastle	162.475
Evanston	162.450	Pinedale	162.500
Gillette	162.500	Rawlins	162.425
Glendo	162.450	Rock Springs	162.550
Grant Village	162.450	Sheridan	162.475
Jackson	162.525	Thermopolis	162.500
Kaycee	162.550	Worland	162.525

Winter Weather

A Basic Preparedness Guide



National Weather Service
12744 West U.S. Highway 26
Riverton, WY 82501
 (307) 857-3898
 (800) 211-1448

<http://www.weather.gov/riverton>

Winter Weather Safety Tips and Definitions

Heavy snow can immobilize a region and paralyze a city, stranding travelers, stopping the flow of supplies, and disrupting emergency medical services. Snow accumulations can create treacherous road conditions, often isolating homes and farms for days. In the mountains, heavy snow can lead to avalanches. The cost of snow removal, damage repair, and loss of business can have large economic impacts on cities and towns. In Wyoming, winter storms are frequently accompanied by strong winds creating blizzard conditions with blinding wind-driven snow, severe drifting, and dangerous wind chill. Strong winds with these storms can knock down trees, utility poles, and power lines. Unprotected livestock are very susceptible to the effects of the snow and wind.



Extreme cold often accompanies winter storms across western and central Wyoming. Prolonged exposure to the cold can cause frostbite or hypothermia and become life-threatening. Infants and elderly people are most susceptible. Frostbite is damage to body tissue being frozen. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. If symptoms are detected, seek medical help immediately. If the person is also showing signs of hypothermia, warm the body core before the extremities. Get the person into dry clothing, and wrap them in a warm blanket covering the head and neck.

Winter storms are considered deceptive killers, because most deaths are indirectly related to the storm. Everyone is potentially at risk during winter storms. The actual threat to you depends on your specific situation. About 70% of deaths related to snow and ice occur in automobiles. Deaths attributed to exposure to cold primarily affect males over the age of 60. Avoid overexertion, as the strain from the cold and hard labor may cause a heart attack.

When planning travel across Wyoming this winter, listen to the weather forecast and delay your trip if adverse conditions are possible. If travel is necessary, be sure your vehicle is equipped with a winter safety kit. If you plan to enjoy Wyoming outdoors this winter be sure to never go on an outing by yourself. Tell someone where you're going, and when you plan to return. Take a compass and a map of the area. Be sure to wear proper clothing, because weather conditions can change quickly. Snowmobilers and skiers can avoid life-threatening situations by staying on groomed trails. Outdoor winter activities can become life-threatening because weather conditions can quickly turn hazardous. If you find yourself stranded, or lost outdoors, remember the acronym, S-T-O-P, stop.



Stop where you are and get composed. **Think.** Use a clear head when making decisions. **Observe** your surroundings, check your equipment, and your physical condition. **Plan** a course of safe action.

Enjoy the winter season by preparing yourself for whatever winter has in store. Learn and practice these safety rules and share them with friends and family members. Help keep Wyoming safe.

Criteria for winter weather watches, warnings, and advisories are different across western and central Wyoming due to elevation differences. To properly prepare for winter storms, you should be familiar with the following winter storm definitions.

	Warning	Advisory
<u>Mountains</u>	12 inches or more in 24 hours	5 to 12 inches in 24 hours
<u>Valleys & Basins</u>	6 inches or more in 24 hours	3 to 6 inches in 24 hours

Important Definitions

Winter Storm Watch: Severe winter conditions, such as heavy snow and/or strong wind, are possible in the next 12 to 36 hours.

Winter Storm Warning: Severe winter conditions have begun or are about to begin in your area.

WINTER DRIVING SAFETY

If you get stuck on a snowy road, or your car slides off the road, the following guidelines will help you decide what course of action to take:

- * If the road ahead is clear and your car can be dug out, use your shovel and traction mat (or sand) to free the vehicle. Ease the vehicle out gently and steadily to avoid spinning the tires.
- * If the road ahead is not clear, or if you have slid off the road, and there is no shelter in sight, you are stranded. **Do not leave your vehicle!** It is your only certain source of shelter. Be sure the vehicle exhaust is clear of snow and keep a window slightly open for ventilation. Run the engine only a few minutes at a time in order to stay warm. Use your emergency supplies and huddle with other vehicle occupants for warmth. Tying a bright cloth (preferably red) to your car antenna will aid in your being spotted.
- * If you are stranded, do not panic. Department of Transportation maintenance crews will be working to open the highways and look for stranded motorists. If you are stranded on a secondary or backcountry road, remain in your vehicle until the storm passes so that you can be spotted.

Winter Safety Kit

Every vehicle should have the following:

- | | |
|---|--|
| <input type="checkbox"/> Sand or cat litter | <input type="checkbox"/> Essential medicines |
| <input type="checkbox"/> Ice scraper/brush | <input type="checkbox"/> Knife |
| <input type="checkbox"/> Small shovel | <input type="checkbox"/> Extra clothing |
| <input type="checkbox"/> Tin can (to melt snow for water) | <input type="checkbox"/> Toilet tissue |
| <input type="checkbox"/> Waterproof matches | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> High-calorie, non-perishable food (peanuts, hard candy, and raisins) | <input type="checkbox"/> Tool kit |
| <input type="checkbox"/> Blankets/sleeping bags | <input type="checkbox"/> Tow rope/chain |
| <input type="checkbox"/> Flashlight with extra batteries | <input type="checkbox"/> Battery cables |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Water |
| | <input type="checkbox"/> Compass |
| | <input type="checkbox"/> Road maps |
| | <input type="checkbox"/> Candles |
| | <input type="checkbox"/> Bright cloth (red) |
| | <input type="checkbox"/> Cell Phone |
| | <input type="checkbox"/> Coins for payphone |