



Winter Driving — Snow and Ice

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood

The N3L3 philosophy:

our approach to helping workers avoid fatal and life-changing injuries by alerting their instincts so they always pause and “think safety” before moving forward.

Eastern Alliance is here to help. To learn more about Eastern’s N3L3 program and access other safety resources, sign in and visit the Risk Management Resource Center on www.eains.com, or contact your Risk Management Consultant for assistance

1.855.533.3444

The best alternative is to not drive in adverse weather conditions, but if you have to drive in all the mess here are some tips to help you keep yourself safe.

Ways to help avoid potential accidents:

- Check the road conditions before you travel, be aware of snow/ice buildup and the likelihood of black ice on the road surface.
- Slow down and do not tailgate the driver in front of you.
- Use snow tires and all-wheel-drive vehicles to assist in proper traction.
- Do not use cruise control features as road conditions are subject to change.

If you come across a snow or ice covered patch of road in your commute, use the following tips to help avoid collisions:

- Avoid making sudden moves or turning the steering wheel.
- Slowly lift your foot off the accelerator and glide across snow/ice until you find traction.
- Slowly shift your vehicle into a lower gear for added control.
- If you begin to skid, press firmly on your brakes to activate your antilock brake system. If you do not have antilock brakes slowly begin to pump the brakes.
- If the front of your vehicle begins to slide, steer in the opposite direction of the skid. If the back end is sliding steer the vehicle in the same direction as the skid.

Remember, your best alternative is to not put yourself in harm’s way while driving in adverse weather conditions. But if you must, be sure to use the above tips to help keep yourself safe.

