

Did you know? Five important winter safety tips to keep you safe and warm throughout the entire season.

1. **Prepare Your Vehicle.** There are several important items that are needed to prepare your vehicle for the winter. Some of which include checking the tire tread, keeping the gas tank full, and preparing a winter emergency kit.
2. **Wear Appropriate Outdoor Clothing.** How you dress can greatly impact your warmth and safety during winter weather. There are several crucial winter accessories that will ensure every aspect of your body is properly covered. Hats, scarves, face covering, mittens, and boots are just a few examples.
3. **How to Layer Warm Clothing.** Learning how to layer your clothing can be very beneficial during the winter season. Your inner layer will help with holding in body heat, where the insulation layer will help to retain the heat. Lastly, the outer layer will protect us from the harsh weather.
4. **Be Cautious When Traveling.** It is very important to be aware of weather conditions before and during travel to ensure your safety. Some other great tips are to avoid travel if able, let others know you are traveling and your route, and to keep warm clothing with you.
5. **Prevent Ice Injuries.** Falls on ice can cause very painful injuries, but there are several helpful tips to help prevent these falls. Choosing the right shoes, allowing extra time, keeping hands free, and walking like a penguin can be very beneficial.

Please visit <https://www.ehs.iastate.edu/weather/winter> for more helpful information.