

Commute safely!



# Weather conditions: Scheduling and traffic

Reserve enough time, avoid haste!

The weather has an effect on:

- The time required to complete a journey, and
- Safety during the different phases of a journey

- Have you considered the traffic conditions and the safety aspect of walking during your journey?
- A significant proportion of slips and falls occur while cleaning snow from a car.



- Note: a journey always includes some walking, irrespective of the mode of transportation used.

# Weather conditions: Shoes

## Avoid slips and falls!

Are your shoes weather-proof?

- When going outside, always wear shoes that are appropriate for the outdoor conditions.
- Shoes or overshoes with spikes are a good alternative for icy surfaces.
- Remember, that even car drivers will, at some point of their journey, also walk outside!





# Weather conditions: Visibility and paying attention to traffic

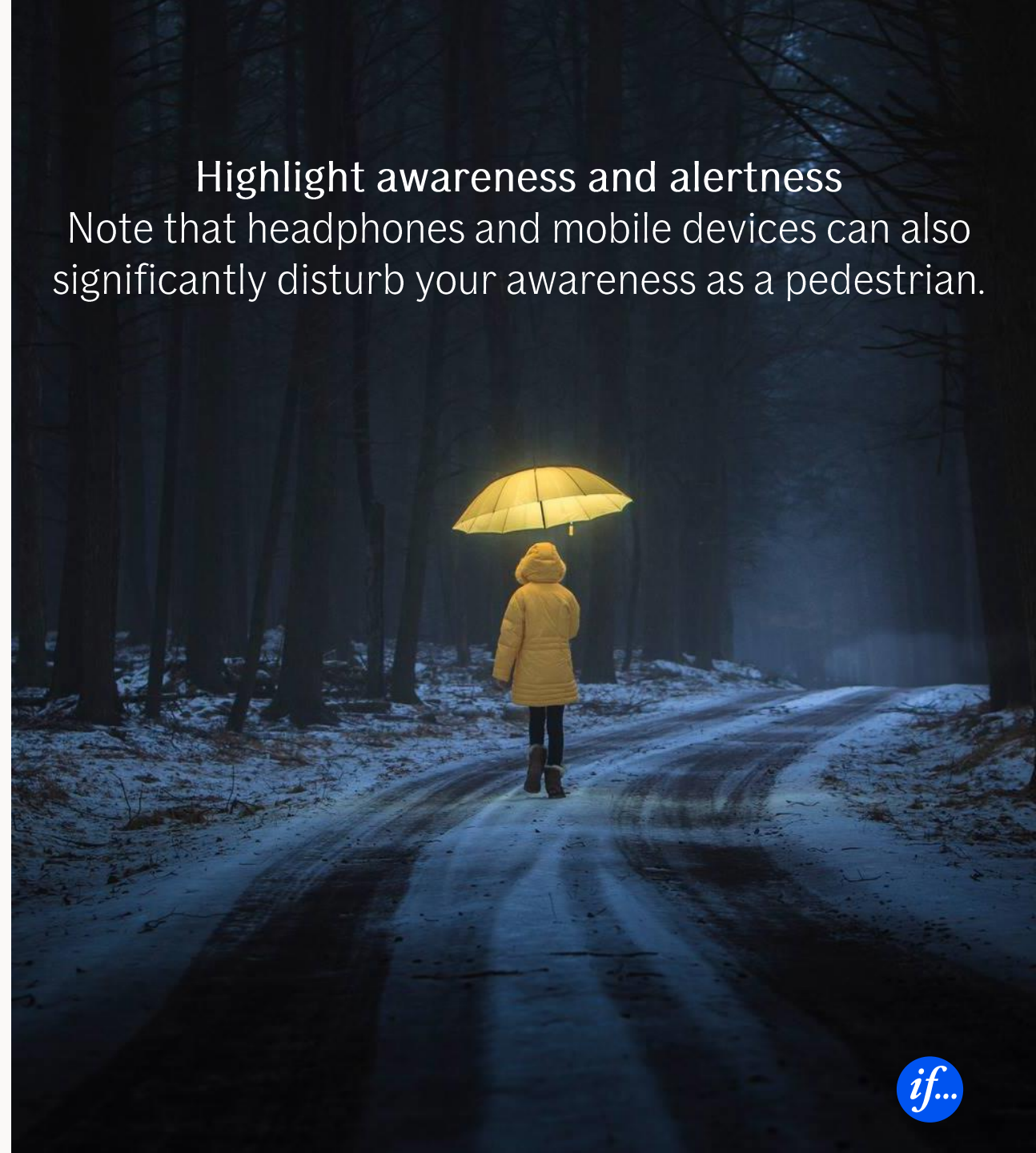
See and make yourself be seen!

Make yourself visible outdoors

- Do you have a reflector attached to your outdoor clothing?
- Do your family members have adequate reflectors to ensure visibility in the dark?
- Make sure that there are enough reflectors attached to your clothing and that they are in good condition.
- Remind your children about the risks related to the winter-time: visibility from a car is limited and the stopping distances are longer.

Highlight awareness and alertness

Note that headphones and mobile devices can also significantly disturb your awareness as a pedestrian.





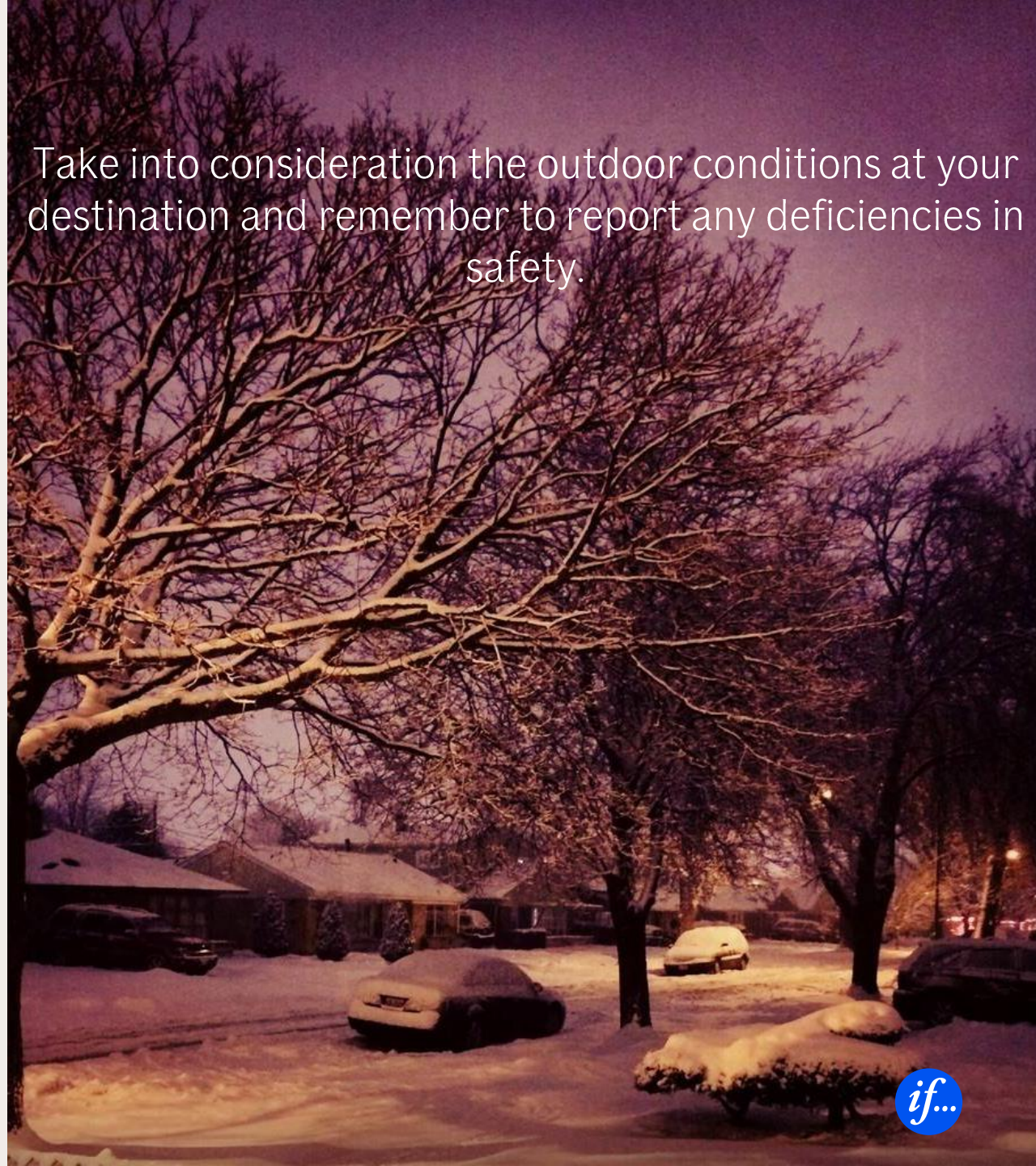
# Home and front yard: Hazard identification

Keep your home and front yard safe!

Is your own front yard safe?

- Are there some areas that are hazardous and/or require specific maintenance work to be safe?
- Remove snow, ice and fallen leaves from walking routes
- Grit outdoor walking routes and steps
- Always hold the handrail on steps

Take into consideration the outdoor conditions at your destination and remember to report any deficiencies in safety.





# Home and front yard: Lighting and visibility

Is the outdoor lighting adequate?

- Are there any structures or hedges etc. that impair visibility? Note both passing traffic and visibility.
- The removal of hedges etc. can significantly improve visibility and safety. The installation of a traffic mirror can also improve safety at a junction.
- Good outdoor lighting can help to identify risk factors that can cause slipping and/or falling.



# Home and front yard: Maintenance

Safe and unrestricted movement for all!

Promote the safety of movement

- Have you paid attention to various needs, such as the safe and unrestricted movement of elderly persons?
- Age has an effect on agility, balance and the ability to recover from injuries.
- Pay attention to the shoes etc. of all family members.
- Providing help such as the removal of snow and gritting paths and steps, as a part of home and front yard maintenance can be extremely beneficial for elderly and disabled persons.





# Car driver: Weather conditions now and later

Do not drive according to yesterday's weather!

- What are the weather conditions today?
- What kind of driving conditions are there now and what will they be like later?
- Remember the safety distances!





# Car driver: The condition of tyres and suitability for the season

Change the tyres early enough in autumn!



- Are your tyres in good condition?
- Is the tread depth sufficient, taking into consideration the season and its various driving conditions?
- Good winter tyres can significantly reduce the stopping distances and help keep the vehicle on the road even on slippery curves.

- NB: remember your national legislation regarding the depth of tyre treads.

# Car driver: Visibility from the car

- Can you see well enough from your car?
- Clean snow, ice and condensated moisture from your car's windows and mirrors before starting off on your journey.





# Car driver: Other road users

Be prepared for road users that are hard to see!

- Are you prepared for unforeseen events, caused by other road users?
- The headlights of oncoming cars and the dark zones between streetlights can reduce visibility.



- NB: some pedestrians and cyclists may be hard to see, e.g. due to missing reflectors.