

# 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.



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# 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!



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# 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.



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# 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

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



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# 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.



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# 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!



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# 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 it's various driving conditions?

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

Good winter tyres can significantly reduce the stopping distances and help keep the vehicle on the road even on slippery curves.



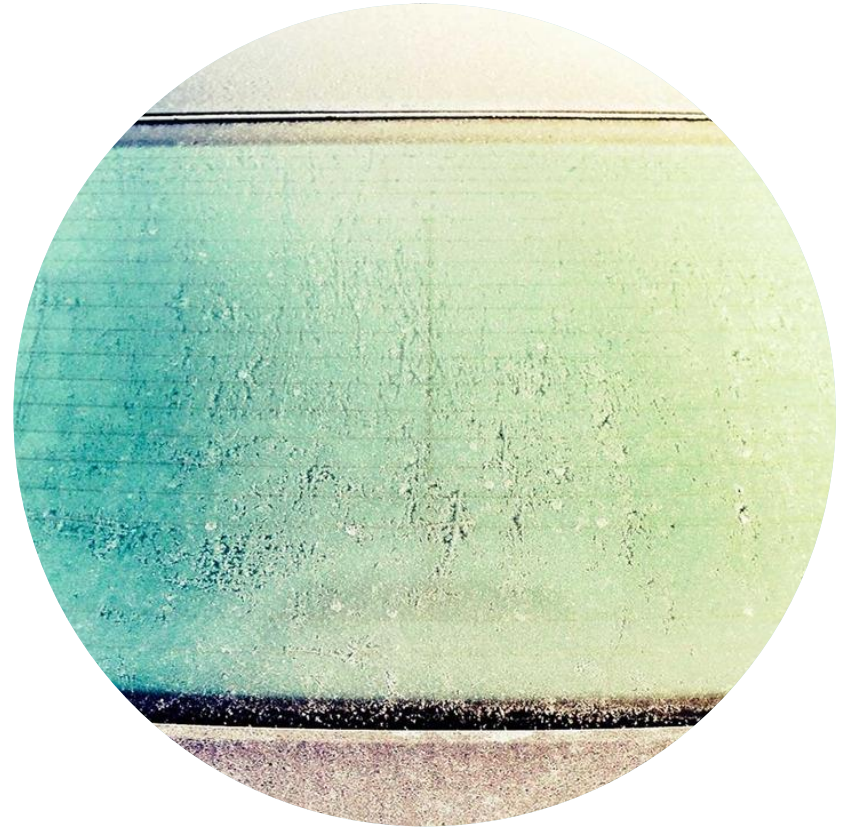
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# CAR DRIVER: VISIBILITY FROM THE CAR

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.



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# CAR DRIVER: OTHER ROAD USERS

## Prepare for surprises

Are you prepared for unforeseen events, caused by other road users?

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

The headlights of oncoming cars and the dark zones between streetlights can reduce visibility.

Be prepared for road users that are hard to see!



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