

WINTER SAFETY QUIZ

1. If a person has a body temperature below ____ degrees, the situation is an emergency and you must get medical help immediately.
2. What is the name of the condition where a person may be shivering, exhausted and confused, and have fumbling hands, memory loss, drowsiness or slurred speech because of low body temperature?
3. Which of the following groups of people are likely to be most adversely affected by low body temperature?
A - Elderly people with inadequate food, clothing or heating
B - People who are outdoors a long time, including the homeless
C - People who drink alcohol or use illicit drugs
D - Any of the above
4. If there is no immediate medical care available for a person with low body temperature, move the victim to a warm room or shelter, remove wet clothing and warm the victim with electric blankets or other coverings. Name three areas of the body that are critical to warm first.
5. What is the name of the condition where you may have white or grayish-yellow skin, waxy or unusually firm skin or numbness as a side effect of exposure to cold temperatures?
6. Which of the following should you avoid doing if you become stranded with your vehicle?
A - Stay awake.
B - Stay in your vehicle.
C - Move your arms and legs to improve

circulation.

D - Wrap your body and head with clothing, blankets or newspapers.

E - Eat snow to raise your body temperature.

7. True or False: Caffeinated beverages (such as coffee) are less effective than broth for warming you.
8. Should you over inflate or under inflate your tires during cold winter months?
a) Over inflate, because tire pressure is lower in cold temperatures and you need more air.
b) Under inflate, because you need the added traction that comes from having more tire tread on the road.
c) Neither.
9. If caught in a snow storm and you have to walk in the street, should you...?
a) Walk in the street in the same direction as the traffic.
b) Walk in the street facing oncoming traffic.
10. If your car is equipped with anti-lock brakes and you are braking on snow or ice, should you?
a) Pump the brakes repeatedly because it will keep you from going into a skid.
b) Pump the brakes repeatedly because that is how you engage the anti-lock feature.
c) Apply firm and continuous pressure to the brakes.
11. The usefulness of daytime running lights has never been established as reducing the number of traffic accidents.
True or False?
12. What percentage of adult pedestrians,

struck by cars, have blood alcohol levels of 0.10% or higher?

- a) 25%*
- b) 35%*
- c) 50%*

13. When approaching a snowy or icy hill, should you...?
a) Accelerate to reach the top as quickly as possible.
b) Come to a complete stop and then begin the ascent.
c) Slow up before reaching the hill and make the ascent slowly and steadily.
14. When heading down a snowy or icy hill, should you...?
a) Come to a complete stop and then make your descent.
b) Shift into a lower gear and make a slow descent.
c) Make your descent using your brakes to slow you down.

These are the answers:

1. 95
2. hypothermia
3. d
4. chest, neck, head, groin
5. frostbite
6. e
7. True
8. c) Neither

Tires should always be maintained at the level recommended by the manufacturer. Under inflation and over inflation can actually increase the incidence of tire failure and skidding. Checking them at least once a month will help you keep an eye on the loss of air pressure that occurs naturally. Always check them "cold" – that is, before you drive them.

9. b)

Always walk facing the oncoming traffic. You will be better able to alert oncoming traffic to your whereabouts and be able to see and react if any cars veer into your path. It is also advisable to wear bright clothing or wrap a bright object, such as a red scarf or windbreaker, around you.

10. c)

If you have anti-lock brakes, apply firm and continuous pressure. Anti-lock brakes automatically pump the brake many times a second so any pumping you do will only impair their effectiveness. If your car does not have anti-lock brakes, you can mimic that effect by pumping the brakes.

11. False

It is as important to be seen as it is to see. According to every report and study published, the use of daytime lights reduces multiple-vehicle accidents by as much as 11% and left-turn crashes by as much as 37%. With daytime multiple-vehicle accidents representing nearly half the police reported crashes in the U. S., their use could have a profound impact on traffic safety. If your car is not already equipped with daytime running lights, turning on your headlights during the day could help keep you from becoming a traffic accident statistic. In many states, it is already the law to use your headlights any time you are also using your windshield wipers in inclement weather.

12. c)

50%. Just as it does with accidents between two vehicles, alcohol impairment plays a large role among pedestrians who are hit by vehicles. As a result, it is important for drivers to be on guard and not assume the movements of pedestrians will be rational. For pedestrians, it means that when it is unsafe to drink and drive, it may also be unsafe to walk without assistance from a responsible friend.

9. c)

You'll have the best chance of safely making it up a hill by approaching it at a slow speed and maintaining that slow speed at a steady rate.

10. b)

Shifting into a lower gear before making your descent and maintaining a slow steady speed, rather than using your brakes, will improve traction.