Outdoor Winter Safety

Dress Warmly and Stay Dry: You should wear a hat, a scarf or knit mask to cover face and mouth, sleeves that are snug at the wrist, mittens (they are warmer than gloves), water-resistant coat and boots, several layers of loose-fitting clothing. Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry-wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It’s an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Avoid Frostbite and Hypothermia: When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body’s stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won’t be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water. Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Avoid Exertion: Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor’s advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don’t overdo it.

Understand Wind Chill: The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather related health problems are more likely, even when temperatures are only cool.

Avoid Ice: Walking on ice is extremely dangerous. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

Be Safe During Recreation: Notify friends and family where you will be before you go hiking, camping, or skiing. Do not leave areas of the skin exposed to the cold. Avoid perspiring or becoming overtired. Be prepared to take emergency shelter. Pack dry clothing, a two-way radio waterproof matches and paraffin fire starters with you. Do not use alcohol and other mood altering substances, and avoid caffeinated beverages. Avoid walking on ice or getting wet. Carefully watch for signs of cold-weather health problems.

Special Points of Interest:

- If you see something suspicious, report it to Otterbein Police or the proper law enforcement agency as soon as possible.
- Pair up with a friend or call Police for an escort if you’re not comfortable walking across campus at night.

Inside This Issue:

- Outdoor Winter Safety
- Winterize your vehicle
- Holiday Shopping
- Snow Emergency Levels
- Silent Witness
- General Police Info

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Visit our website at: http://www.otterbein.edu/public/CampusLife/HealthAndSafety/Police.aspx
Checking the tires for air, sidewall wear and tread depth.
Checking antifreeze levels and the freeze line.
Your car should have a tune-up (check the owner's manual for the recommended interval) to ensure better gas mileage, quicker starts and faster response on pick-up and passing power.

Necessary Equipment
An emergency situation on the road can arise at any time and you must be prepared. In addition to making sure you have the tune-up, a full tank of gas, and fresh antifreeze, you should carry the following items in your trunk:
- Properly inflated spare tire, wheel wrench and tripod-type jack
- Shovel
- Jumper cables
- Tow and tire chains
- Bag of salt or cat litter
- Tool kit
- Road flares

First aid kit
- Exterior windshield cleaner
- Ice scraper and snow brush
- Wooden stick matches in a waterproof container
- Scissors and string/cord
- Non-perishable, high-energy foods like unsalted canned nuts, dried fruits, and hard candy.

In addition, if you are driving long distances under cold, snowy, and icy conditions, you should also carry supplies to keep you warm such as heavy woolen mittens, socks, a cap and blankets.

If You Become Stranded...
- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
- Eat hard candy to keep your mouth moist.

Weather
At any temperature 20° Fahrenheit below zero or 90° Fahrenheit above weather affects road and driving conditions and can pose serious problems. It is important to monitor forecasts on the Web, radio, TV, cable weather channel, or in the daily papers.

Your Car
Prepare your car for winter. Start with a checkup that includes:
- Checking the ignition, brakes, wiring, hoses and fan belts.
- Changing and adjusting the spark plugs.
- Checking the air, fuel and emission filters, and the PCV valve.
- Inspecting the distributor.
- Checking the battery.

Essential Supplies
Be prepared with a "survival kit" that should always remain in the car. Replenish after use. Essential supplies include:
- Working flashlight and extra batteries
- Reflective triangles and brightly-colored cloth
- Compass

Visit our website at: http://www.otterbein.edu/public/CampusLife/HealthAndSafety/Police.aspx
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Cardinal Safety Newsletter

Holiday Shopping Safety

Shopping at the malls can be fun. Make sure to follow the below safety tips to insure it is also safe.

- Protect Shopping Bags: Never let anyone else “watch” your bags while you are shopping – always keep your bags in eyesight.
- Gift Card Safety: Only buy gift cards from reputable retailers, not through online auction sites.
- Keep Receipts: Keep original receipts for every gift purchased and ask for a gift receipt to give to the recipient.
- Educate Children: Teach kids what to do if you get separated by instructing your child to look for a security guard, police officer, or go to the customer service desk where people are trained to help. Also make sure that your children know what to do if approached by a stranger while shopping.
- Store Credit Card Information at Home: Make sure you have your credit card customer service phone number visible.

Silent Witness Program—See something, say something

Silent Witness is a completely anonymous medium for individuals to provide information to the Police Department of crimes that have occurred on our campus or touched the lives of the Otterbein community.

When crimes occur that affect our community, several things can be said with absolute certainty:

- As our university is a tight-knit community, it is almost certain that someone has either seen the event take place or know of someone who did.
- There is a good likelihood that someone has heard, seen or know something which leads them to believe that they know what happened and who was involved.
- Someone wishes to provide Police with information but does not wish to be identified as the party providing the information.

To this end, a completely anonymous method of contacting the Police Department has been provided. Go to the Police Department’s web site (and click on the Silent Witness http://www.otterbein.edu/police/silentwitness link.) The Silent Witness web page will provide you with information on the program and enable you to anonymously send information to Police. Your email can not be traced back to you. Whether you saw, heard, or heard about it, you may be able to assist in resolving Campus crime issues by providing useful information.

Snow Emergency Levels

Ohio Sheriff’s have the authority to close roads due to severe weather. The policy is as follows:

- Level I SNOW ALERT: Roadways are hazardous with blowing and drifting snow.
- Level II SNOW ADVISORY: Roadways are hazardous with blowing and drifting snow. Only those who feel it is necessary to drive should be out on the roadways. Contact your employer to see if you should report to work.
- Level III SNOW EMERGENCY: All Municipal, Township, County, and State roadways are closed to Nonemergency personnel. No one should be out during these conditions unless it is absolutely necessary to travel. Those traveling on the roadways may subject themselves to arrest.

General Police Information

Cardinal Red Alert: Everyone is automatically signed up for the Cardinal Red Alert FREE emergency notification system by using contact information put in banner. In the event of an emergency or class cancellation, you will receive an email, text message and phone call advising you of the situation.

Citation Appeals: All appeals of citations must be completed within three business days of the issuance of the citation. Appeals forms are available at the Police Department. All appeals are heard within one to two weeks by the traffic council which is made up of representatives from campus (one faculty, one student and one administrative staff member, not including Police Department personnel). You will be notified of the traffic council’s decision shortly thereafter.

Crime Prevention Classes: The Police Department offers educational programs designed to improve and enhance your knowledge of crime.

Visit our website at: http://www.otterbein.edu/public/CampusLife/HealthAndSafety/Police.aspx