



## WINTER DRIVING SAFETY TIPS

*courtesy of Weather Ready Plan for It,*

### Driving in Snow and Ice

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it.

Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared and that you know how to handle road conditions.

It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

### Driving safely on icy roads

1. Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
2. Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
3. Turn on your lights to increase your visibility to other motorists.
4. Keep your lights and windshield clean.
5. Use low gears to keep traction, especially on hills.
6. Don't use cruise control or overdrive on icy roads.
7. Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
8. Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.
9. Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

### If your rear wheels skid...

1. Take your foot off the accelerator.
2. Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
3. If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
4. If you have standard brakes, pump them gently.
5. If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

### If your front wheels skid...

1. Take your foot off the gas and shift to neutral, but don't try to steer immediately.
2. As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

### If you get stuck...

1. Do not spin your wheels. This will only dig you in deeper.
2. Turn your wheels from side to side a few times to push snow out of the way.
3. Use a light touch on the gas, to ease your car out.
4. Use a shovel to clear snow away from the wheels and the underside of the car.
5. Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
6. Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

Sources: National Safety Council, New York State Department of Motor Vehicles, Washington State Government Information & Services

## 2009 RRMRC Training Calendar

Revised 1/7/09

Training Course	Date / Time	Place	Instructor
Epidemiology for the non-epidemiologists	Tuesday January 20 6:30 pm - 9:00 pm	Culpeper County Health Dept.	Marty Neff-Smith, RN MPH
Leadership Team Training Selected volunteers	Saturday January 24 9:00 am - Noon	Culpeper County Health Dept.	Claudia Vento RRMRC Volunteer Coordinator  Kathy Hatter RRHD Emergency Planner
Epidemiology Interview Process	Tuesday January 27 6:30 pm - 9:00 pm	Culpeper County Health Dept.	Marty Neff-Smith, RN MPH
Overview of IS100/IS700 Core Training Competency	Monday February 2 6:00 pm - 9:00 pm	Culpeper County Health Dept.	Kathy Hatter RRHD Emergency Planner
Epidemiology Case Study	Wednesday February 18 6:30 pm - 9:00 pm	Culpeper County Health Dept.	Marty Neff-Smith, RN MPH
Personal and Family Preparedness Core Training Competency	Thursday, February 26 7:00 pm - 9:00 pm	Culpeper County Health Dept.	Carole Roddy, RN Michael Roddy
Orientation Core Training Competency	Wednesday March 11 6:00 - 7:15 pm	Culpeper County Health Dept.	Claudia Vento RRMRC Volunteer Coordinator
Biological Agents Category A Core Training Competency	Wednesday March 11 7:15 pm - 9:00 pm	Culpeper County Health Dept.	Richard Vento MT- ASCP

### Epidemiology Sequence Adds Two New Trainings

The Interview Process and After Action Report have just been added to the Epidemiology Sequence. If you are already a member of The Epi Team, the Interview Process will add to your skills and the After Action Report will be a good refresher. I highly encourage all of the RRMRC Epi Response Team to take these two trainings. Email or call to register.

If you have already participated in one or more trainings join in where you left off. If you have completed the case study, you should take the Interview Process and then go to the training on Processing the forms and After Action Report.

#### Want to become a member of the epidemiology Team?

Then you will need to complete the following:

- > Epidemiology for the non-epidemiologists 1/20/09
- > Interview Process 1/27/09
- > Case Study 2/18/09
- > Processing the forms TBD
- > After Action Report TBD

All Epidemiology Trainings will take place at the Culpeper Health Dept. at 6:30 pm.

## Congratulations on the Completion of the RRMRC Competencies

(Orientation, Biologic Agents: Category A, IS100, IS700, Personal and Family Preparedness, Psychological First Aid)



**Elaine Anderson**  
**Mike Arnold**  
**Patricia Arnold**  
**Deborah Baker**  
**Ellen Berg**  
**Rose Bowman**  
**Catherine Finke**  
**Charles Finke**  
**Patricia Higgins**  
**Tom Holbach**

**Kimberly Johnson-Smith**  
**Mary Kobman**  
**Edna Mason**  
**Karen Leigh Purdum**  
**Martha Stanley**  
**Rowena Quinta**  
**Ralph Rossi**  
**Richard Vento**  
**Delores Walton**  
**Jerry Wood**



The following volunteers attended **4** trainings, drills, or events and earned a **Medical Reserve Corps pin**.

**Jennifer Bierhuizen**  
**Danielle Gauthier**  
**Sally Underwood**  
**Delores Walton**



The following volunteers attended **8** trainings, drills, or events and earned a **RRMRC Flashlight**.

**Brian Atkin**  
**Delores Walton**



The following volunteers attended **12** trainings, drills, or events and earned a **RRMRC First Aid Kit**.

**Brian Atkins**  
**Delores Walton**



### Honor Roll

**Ralph Rossi**

attended **25** trainings, drills, or events and earned an Honor Roll certificate



## Virginia Volunteer Health System (VVHS) Update

Check out the VVHS!

- > Access the VVHS through Internet Explorer. (It will not work with any other web browser). If you don't have Internet Explorer please continue to email me any changes in your address etc.
- > Go to the VDH website <http://www.vdh.virginia.gov> and click on Volunteer
- > Go to VVHS and to Log On **NOT** new volunteer
- > Enter the user ID name and password you received in the email message. If you did not, email me and I will reset it and email it back.
- > Follow the prompts
- > In each section go to edit and verify that

all the information is correct. Your place of birth is one on the places that needs changing. The place you presently live was put in there.

- > Answer all the questions

### Contact Information

RRMRC Volunteer Coordinator:  
**Claudia Vento**  
**Phone: 540.829.7350**  
**Fax: 540.829.7345**  
**Email: RRMRC@vdh.virginia.gov**  
**Website: rrmrc.vdh.virginia.gov**

## Vision

Volunteers  
 Protecting Local  
 Public Health

## Mission

To serve the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock by establishing teams of volunteers to strengthen the public health infrastructure and improve Emergency Preparedness and Response.