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# Care

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*SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 56 YEARS.*

## Ice Safety Tips

***Nobody wants to have an accident on the ice - these tips will help minimize the risks!***

We still have a lot of winter ahead of us and all of the risks that it can bring. Every Canadian knows that our winters can be fierce and unforgiving – the snow and ice can be dangerous and overwhelming. Most people want to avoid the bitter cold weather and stay inside but if you go out it's best to be prepared. St. John Ambulance has a great article that offers excellent tips about how to best deal with the perils that ice can bring to your life.

### Outside your home...

- Ensure that ice doesn't block your gutters or downspouts to avoid a buildup of snow on your rooftops.
- Salt your driveways to get rid of any ice that could cause slipping when you walk to your car in the morning. Do the same to any stretch of sidewalk outside your house, and your porch to make it easier for visitors to get to your front door.

### On the road...

- Avoid driving on roads that have not been cleared yet if possible. Stick to dry roads where your car has more traction.
- Reduce your speed. Snow and ice increase the time it takes for your vehicle to come to a complete stop when you hit the brakes. Reducing your speed will make it easier to brake in advance so that you're always in control of your car.
- Use winter tires. The grip on winter performance and studless tires help keep your vehicle from skidding on the road.
- Practice anti-skidding maneuvers. Knowing how to regain control of your car after a skid is a lifesaving skill. Honing this ability will give you a sense of comfort should you need to drive down an icy road this winter.
- Take the ice off your car. Clearing your vehicle of snow before your morning drive might be tiring, but a thorough clean will give you the clearest view of the road once you get behind the wheel. Don't forget to remove ice from the top of your car as well! If you don't, it could fall off while you're driving at higher speeds, and hit another car.
- Carry lock de-icing fluid with you. You don't want to be stranded in a parking lot because your car doors are frozen shut. A small bottle of de-icer should help in such a situation.

### On the lake...

- Check the thickness of the ice you want to skate on. It should be at least 10 centimetres thick if you want to walk on it, and at least 40 cm deep if you want to drive your vehicle on the ice.
- Check the colour of the ice. Blue ice is the strongest, while white ice is less safe. When walking on white ice, check its depth every hundred meters to avoid walking on thin ice. Grey ice should be avoided, as it indicates the presence of liquid water or slush close to the surface.
- Carry rescue claws. These Wolverine-esque tools will help you climb out of the lake should the ice suddenly break underneath your feet. You won't need them if you're smart about where you tread, but it's better to be safe than sorry.
- If you're driving on the lake with friends, park your cars far apart from each other. Concentrated points with more weight on the ice are more susceptible to breakage.

To read the full article from St. John Ambulance, please visit <http://bit.ly/2BFsdmK>



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