

FINAL

March 13, 2008

ECHO Questions and Answers

18 Minute Conversation

"Winter Preparedness"

NOTE: *There will be props on the set for you to review some of the things that belong in the winter driving kit. Items might include a blanket, a candy bar, a flag, a sign for help, etc.*

1. What is the best way to dress warmly for winter?

Sample Answer:

- Dress warmly in loose-fitting, layered, lightweight clothing. Outer garments should be tightly woven, water repellent and natural wool, if possible.
- Wear a hat. More than half of body heat is lost through the top of the head.
- Wear mittens that are snug at the wrist. Mittens offer better protection than, gloves which allow your fingers to cool much faster.
- Cover your mouth and nose with a scarf to help protect lungs from cold air.
- Keep yourself and your clothes dry. Change wet socks and all other wet clothing as quickly as possible to prevent loss of body heat. Wet clothing loses its insulation value and transmits heat rapidly.

2. How fast can cold weather cause fingers and toes to freeze?

Sample Answer:

- Exposed skin may suffer the symptoms of frostbite within minutes
- Children and the elderly may also suffer from frostbite faster because they are more vulnerable to freezing temperatures.

3. What does frost bite look like and if you suspect you have it, what should you do to treat it?

Sample Answer:

- Frostbite symptoms include a loss of feeling and a white or pale appearance in extremities such as fingers, toes, tip of nose and ear lobes.
- If such symptoms are detected, get medical attention immediately.
- Do not rub with snow or ice. This does not help the condition and, in fact, will make it worse.
- The best treatment for frostbite is re-warming the affected tissue.

4. What precautions should we take if work outside in cold weather?

Sample Answer:

- Take it easy. Snow shoveling is a weight-lifting exercise that raises your heart rate and blood pressure. Warm up before starting the job and stretch both before and after shoveling.
- If you have a history of heart trouble, check with your doctor before shoveling.
- Never work to the point of exhaustion. Take frequent breaks. If your chest feels tight, stop immediately.
- As with any lifting activity, use your legs, not your back. Legs should be bent and back straight. Bend and "sit" into the movement, allowing large muscle groups to do most of the work.
- Push the snow forward rather than lifting it out of the way; pick up only small amounts when needed. Your back will thank you.

5. How long should children be allowed to play in the snow?

Sample Answer:

- Each year, emergency rooms in the United States treat more than 14,000 children for injuries related to sledding, and thousands more for injuries related to ice skating.
- Exposure to cold without adequate protection can result in frostbite.
- Dress children warmly. Clothing should consist of several layers and include boots, gloves or mittens, and a hat.
- Set reasonable time limits on outdoor play. Occasionally call children in to warm up. Provide warm drinks such as hot chocolate.
- Limit the amount of time that infants are outdoors when it is colder than 40 degrees. Infants lose body heat quickly.

6. How thick should ice be before walking or driving on the ice?

Sample Answer:

- Never walk on ice less than four inches thick. Don't snowmobile on less than five inches or drive your car on less than eight inches of new, clear ice.
- Warn your children to stay away from ice-covered ponds and streams.
- Avoid alcoholic beverages, especially when snowmobiling. Alcohol causes the body to lose heat more rapidly, even though one may feel warmer after drinking alcoholic beverages.

7. When the car breaks down on the roadway, is it better to stay in the car and wait for help or try to walk to find help?

Sample Answer:

- If you find yourself stranded, stay calm and stay put. Staying in your car will decrease your risk of frostbite or hypothermia and increase your chances of being rescued.
- Run your engine for heat about once an hour — every half hour in extreme cold. Make sure your exhaust pipe is clear to prevent carbon monoxide from getting into the car.
- Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others and aid rescuers.
- Consider taking a cell phone with you for use during emergencies. On long trips, be sure the batteries are fully charged and consider bringing a spare battery.

8. What kinds of winter driving tips would you recommend?

Sample Answer:

- Throughout the winter, keep your gas tank at least half full to avoid gas line freeze.
- Avoid traveling (especially alone) if severe weather is threatening. Stay informed by tuning into radio, TV and other media for weather updates.
- Before taking a trip, tell someone at your destination of your expected arrival time and your travel route.
- If needed, brush snow off your car before starting out especially around headlights and tail lights so that motorists can see you.
- Adjust driving speed to road conditions and increase following distance.
- Bridges and overpasses can be more slippery than other parts of the road. If you begin to skid, remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go. If you have an anti-lock braking system (ABS) apply a steady firm pressure to the brake pedal. Never pump ABS brakes.

9. Snow plow Safety Tips

Sample Answer:

- When the weather forecast warns of above-average snowfall, hundreds of snowplows will be out in full force. Driving too close to snow removal equipment can be extremely dangerous.
- Yield to snowplows. They drive slower than posted speeds and because they weigh more cars are easily crushed in the event of a collision.
- A snow plow sends snow into the wind causing a “snow cloud” that can make it difficult for drivers to see through. Avoid driving into snow clouds.
- Be patient. Follow at a safe distance (8 seconds) behind a plow.

10. What should we have in the winter driving kit?

Sample Answer:

- Stock your car with basic winter driving equipment: a scraper and brush, small shovel, jumper cables, tow chain and a bag of sand or cat litter for tire traction.
- Also include road flares, a blanket, heavy boots, warm clothing and a flashlight with batteries.
- Keep an emergency survival kit in the car, including high-energy food such as a chocolate bar or energy bar.

11. Culture specific question(s):

- Each cultural group can ask or talk about specific situations around “winter preparedness” addressing culturally specific concerns related to the subject for discussion.