

BLUE HERON POINTE



WINTER SURVIVAL GUIDE 2022

EMERGENCY PHONE NUMBERS

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Northville Township Fire **911**

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Your Winter Survival Guide

The winter season is upon us, which may mean snow, ice, sleet, rain and freezing temperatures. This time of year, it's nice to see snow blanketing the streets, trees and rivers, but it can also be dangerous if you're not careful.



With that in mind, the Blue Heron Board of Directors would like to share some of the best winter tips and resources so you may have an enjoyable and safe season. These tips come from the United States Navy safety center.

Preparation For The Winter Season

By November 30, all boats must be off the water, all furniture and summer items except grills must be removed from the lower deck. Potted flowers must be removed from all areas by same date. Heavier pots may be stacked and stored in an inconspicuous location. Smaller pots must be removed completely.



Holiday decorations are welcome and may be displayed from Thanksgiving until January 10th.

No boats may be parked on any driveway and kayaks, paddleboards and water toys must be removed from balconies and porches during the winter season.

Watercraft and equipment can be returned after April 1

Winter, Your Car, and You



Driving in the winter means snow, sleet, and ice that can lead to slower traffic, hazardous road conditions, hot tempers and unforeseen dangers. Here are some suggestions from the National Safety Council to make sure that you and your vehicle are prepared.

Watch or listen to forecasts on radio, and prepare to 'play it safe', by staying home if weather warrants. It also allows for snow removal efforts to be more efficient.

Prepare Your Car...

by having your car care professional check

- Ignition, brakes, wiring, hoses and fan belts, park plugs and battery.
- Air, fuel and emission filters, and the PCV valve.
- Tires for air pressure, sidewall wear and tread depth.
- Antifreeze level 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.

Winter, Your Car, and You

Prepare for an emergency by having these items

- A good spare tire, wheel wrench and tripod- type jack
- A phone charger and jumper cables
- Tow chains and flares
- A, shovel, bag of salt or cat litter and a tool kit



If you should 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 woolen items and blankets to keep warm.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut.

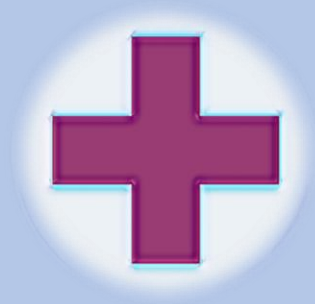
Driving In Snow and Ice

- Slow down. Triple the usual distance between your car and the one ahead.
- Stay in the plowed lane; avoid driving over the ridges between the plowed areas. If you must switch lanes, slow down, signal and move over slowly.
- Don't pass a snowplow or spreader unless it is absolutely necessary.
- Don't park along the street. Snowplow drivers can't fully clear a road if cars are in their way.
- If you skid, steer into the skid. If the back of your car is skidding to the left, for example, turn the steering wheel to the left.
- Don't pump your brakes, and avoid locking them up. If your brakes lock, take your foot off the brake pedal for a moment.
- Traffic jams, sudden storms and detours might mean that you have to spend much longer than you planned in your car. It can take two to three hours to drive as little as 15 miles on an icy road. Put together a winter-driving kit, including a pair of gloves, a warm hat, and a blanket.
- When the gas tank in your car gets to half full, fill it up. You never know when a massive traffic jam will snare you.
- If you're going out of town, let someone know where you're going and the estimated time of arrival at your destination. Make sure your cell phone is fully charged in case you have to make an emergency call.
- Pack an emergency kit including first-aid and prescription medications, bandages, and other first-aid necessities.



Prepare For A Power Outage

SAFETY ISSUES



- Purchase needed items for your home, office and car including: flashlights, batteries, AM/FM battery powered radio, rechargeable power failure lights, wind up or battery alarm clock, and light sticks
- Have a 72-hour emergency kit for each family member.
- Keep cash and change on hand. In power failures ATMs may not work and you may need to make a phone call at a pay phone.
- Phones with answering machines and cordless phones are power dependent. Have at least one phone that does not require power in case you need to call 9-1-1. Keep your cell phone powered up.
- Familiarize yourself with your main electrical panel. You may have to turn off the main breaker or have to reset circuit breakers after an outage.
- If you use your fireplace for heat, don't burn wood with paint or stain. Do not leave an open flame. Make sure you close your fireplace screen to prevent sparks from flying. Do not store newspapers, kindling, or matches near the fireplace..
- Make sure you have smoke detectors in appropriate rooms. Change the batteries regularly, preferably every 6 months, and test them monthly. If your smoke detectors are wired directly into the electrical system of your home they will not operate during a power failure unless the batteries are working. Special smoke detectors are available for people with hearing impairment.
- Have a fire extinguisher and know how to operate it. Have a fire evacuation plan and practice fire drills.
- During the power outage, unplug all small appliances and electronics to avoid damage from power surge. Leave one low wattage incandescent light on so you know when the power comes back on.
- When power comes back on you may have to reset your clocks, microwave ovens, programmable thermostats, burglar and fire alarms.

Sledding and Tobogganing

People of all ages can participate, and use all kinds of containers, from large toboggans to plastic disks or even cardboard boxes. With sledding, injuries are surprisingly common despite snow's cushioning effect.

Sledding injuries often include facial lacerations or skull fractures. Tobogganing injuries almost always involve the lower half of the body. Children ages 5 to 9 are most susceptible to injury. Parents of young children should not let them sled alone. Older children should be taught to check for hazards.



The National Safety Council offers these guidelines for safe and fun sledding and tobogganing...

- Keep all equipment in good condition. Broken parts, sharp edges, cracks and split wood invite injuries.
- Dress warmly enough for conditions.
- Sled on spacious, gently sloping hills which have a level run-off at the end so that the sled can come to a halt safely. Avoid steep slopes and slopes located near streets and roadways.
- Check slopes for bare spots, holes and other obstructions which might cause injury.
- Make sure the sledding path does not cross traffic and is free from hazards such as large trees, fences, rocks or telephone poles.
- Do not sled on or around frozen lakes, streams or ponds because the ice may be unstable.
- The proper position for sledding is to sit or lay on your back on the top of the sled, with your feet pointing downhill. Sledding headfirst increases the risk of head injury and should be avoided.
- Sledders should wear thick gloves or mittens and protective boots to protect against frostbite as well as potential injury.

Ice Skating Safety

- Ice skating is a fun winter activity, and great exercise! The National Safety Council offers these tips to help you and your family enjoy safe skating.
- Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.
- Have the blades professionally sharpened at the beginning of each season.
- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- Wear warm clothing and rest when you become tired or cold.
- Never try to help a person that has broken through the ice, by going near the edge to grab them. Use a long stick, tree limb, hockey stick, etc and lay flat on the ice while extending the stick within the reach of the victim.
- Never skate alone.



Hypothermia

- When your core body temperature falls suddenly below its normal level of 98.6 F, you are hypothermic. Skiers, hikers and fishermen are at risk, and this condition can occur unexpectedly. Even on days when the temperature is 60 degrees. All it takes is wet clothes and a brisk breeze. Other factors can contribute, such as hunger, weariness and alcohol.
- You may not be aware of the condition, and others may not notice until your core body temperature has dropped dangerously low.
- To treat someone for hypothermia, gradually warm their body. Get them out of wet or cold clothing, and wrap them in layers of dry, warm clothing. Give them something warm to drink (avoid alcohol and caffeine).
- Symptoms vary depending on the severity of the chill. Victims of mild hypothermia often shiver uncontrollably and appear clumsy. Moderate hypothermia slurs their speech, appear dazed and act irrationally. Sometimes they don't feel cold. Victims of severe hypothermia have dilated pupils, pale skin, a slow pulse. Their muscles become rigid, and they eventually stop shivering. Ultimately, they collapse, and in the final stages, stop breathing.
- Don't move the victim unless staying put is even more risky or dangerous

To avoid hypothermia:

- Wear clothes that are made of well insulated and windproof. In spite of advances in synthetic fibers, wool is still a superior insulator.
 - Wear loose garments that don't restrict your circulation.
 - Layers of light clothing are better than a heavy layer.
 - If you get wet, change into dry clothes.
 - Keep your hands, head, and feet covered--that's where your body loses the most heat.
- Pay attention to the forecast winds as well as the temperature when deciding what to wear.

Stay Warm

Prolonged exposure to low temperatures, wind and/or moisture can result in cold-related injury from frostbite and hypothermia. Here are some suggestions on how to keep warm and avoid frostbite and hypothermia.



Dress properly

- Wear several layers of loose-fitting clothing to insulate your body by trapping warm, dry air inside. Loosely woven cotton and wool clothes best trap air and resist dampness.
- The head and neck lose heat faster than any other part of the body. Your cheeks, ears and nose are the most prone to frostbite. Wear a hat, scarf and turtleneck sweater to protect these areas.

Frostbite: What to look for

- The extent of frostbite is difficult to judge until hours after thawing. There are two classifications of frostbite:
 - Superficial frostbite is characterized by white, waxy or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff and underlying tissue feels soft when depressed.
 - Deep frostbite is characterized by waxy and pale skin. The affected parts feel cold, hard, and solid and cannot be depressed. Large blisters may appear after re-warming.

Stay Warm

What to do

- Get the victim out of the cold and to a warm place immediately.
- Remove any constrictive clothing items that could impair circulation.
- If you notice signs of frostbite, seek medical attention immediately.
- Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together.
- Slightly elevate the affected part to reduce pain and swelling.
- If you are more than one hour from a medical facility and you have warm

water, place the frostbitten part in the water (102 to 106 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Re-warming usually takes 20 to 40 minutes or until tissues soften.

• What not to do

- Do not use water hotter than 106 degrees Fahrenheit.
- Do not use water colder than 100 degrees Fahrenheit since it will not thaw frostbite quickly enough.
- Do not rub or massage the frostbite area.
- Do not rub with ice or snow.



*Winter is the time for comfort, for good food and
warmth, for the touch of a friendly hand and
for a talk beside the fire: it is the time for home.*

Edith Sitwel