

(Note: the following tips are excellent advice for handling winter driving conditions, particularly in situations when help cannot get to you for some time. They do not, however, mention cell phone preparation, which could be important in getting help to you as soon as possible. Having your cell phone fully charged, with emergency, automobile club and/or towing service numbers programmed into it for the area where you will be driving just makes sense. While you should not count on this as your sole survival tool, it is one more resource to set up ahead of time in order to make the best possible use of it in the event you find yourself in need of assistance while driving in adverse weather conditions.)

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 (TIPS), 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.

Winterize Your Car

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

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:

1. Checking the ignition, brakes, wiring, hoses and fan belts.
2. Changing and adjusting the spark plugs.
3. Checking the air, fuel and emission filters, and the PCV valve.
4. Inspecting the distributor.
5. Checking the battery.
6. Checking the tires for air, sidewall wear and tread depth.
7. 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 anti-freeze, you should carry the following items in your trunk:

1. Properly inflated spare tire, wheel wrench and tripod-type jack
2. Shovel
3. Jumper cables
4. Tow and tire chains
5. Bag of salt or cat litter
6. Tool kit

Essential Supplies

Be prepared with a "survival kit" that should always remain in the car. Replenish after use. Essential supplies include:

1. Working flashlight and extra batteries
2. Reflective triangles and brightly-colored cloth
3. Compass
4. First aid kit
5. Exterior windshield cleaner
6. Ice scraper and snow brush
7. Wooden stick matches in a waterproof container
8. Scissors and string/cord
9. 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...

1. 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.
2. 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.
3. 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.
4. To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.
5. Keep at least one window open slightly. Heavy snow and ice can seal a car shut.
6. Eat a hard candy to keep your mouth moist.

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