



K-STATE

Research and Extension

Post Rock District

Vehicle Emergency Preparedness

* **Find out about driving conditions before you go.**

- Be aware of the latest road and weather conditions by visiting kandrive.org.
- Call 5-1-1 from anywhere in Kansas or 1-866-511-KDOT (5368) from anywhere in the US.
- You can also visit 511 Mobile, <http://511mm.ksdot.org>, using your mobile device.



* **Make sure you can see and be seen.** Turn signals, brake lights and windows need to be clear. Check your vehicle's tires, wiper blades, fluids, lights, belts, and hoses. A breakdown is bad on a good day and dangerous on a bad weather day.



KanDrive

* **Leave plenty of time to reach your destination safely.** It's not worth putting yourself and others in a dangerous situation just to be on time.

* **Buckle up.** Secure children (and adults) in appropriate seat belts, boosters and car seats. Don't strap into your car while wearing bulky coats and clothing as it can affect the ability for seat belts and car seats to do their job.

* **Slow down for wet, foggy, snowy, and icy conditions.** Avoid quick braking or acceleration. Slow down and watch for black ice or wet patches when approaching intersections, off-ramps, bridges, or shady spots. Avoid driving through roadways covered with water because you can't determine if there is a safe roadway below. You should never use cruise control in poor weather conditions.



* **Stay attentive to your driving and avoid distractions.** Don't talk on your cell phone or use your mobile device (calling, texting, emailing, etc.) while driving.

* **Allow adequate room between your vehicle and others.** Be patient. Watch for sudden stops or turns. Don't take chances when pulling out in front of approaching vehicles. It takes longer to stop and accelerate in bad weather.

Communicate with at least one person *not* traveling with you:

- Destination and purpose of travel.
- Expected departure and purpose of travel.
- Route of travel.
- What you're driving and who you're with.
- How you intend to stay-in-touch while traveling.



If you experience a roadside emergency:

- * Do not panic. Work slowly to avoid overexertion which may cause a medical emergency.
- * If possible, get your vehicle safely off the roadway.
- * Determine your location as accurately as possible.
- * Turn on your emergency flashers and ensure your lights are clear. Turn on your dome light.
- * Call 9-1-1 or a roadside assistance provider for rescue.
- * Stay with your vehicle. Do not attempt to find help by walking or by accepting a ride from a stranger. In most cases, your car provides the best protection.
- * Keep active. Clap your hands and move your arms and legs vigorously from time to time to stimulate circulation, relieve muscle tension and keep you awake.
- * Stay hydrated. You can go a long time without food, but your body needs water every few hours, regardless of the weather.

Content Sources: Kansas Department of Transportation, American Red Cross, Prepare Kansas, K-State Research and Extension

Vehicle Emergency Kit Suggestions

- First aid kit and essential medications
- Weather appropriate clothing (coat, hat, gloves, etc.)
- Walking shoes or boots
- Blankets
- Water
- Cell phone and chargers
- Flashlight
- Jumper cables
- Spare tire, jack and tire iron
- Multi-purpose tools (pliers, wrench set, etc.)
- Radio (battery or hand-cranked)
- Red flag, flares and reflectors
- Reflective vest
- Non-perishable food and can opener
- Sand or cat litter
- Ice scraper
- Shovel
- Extra batteries
- Tow rope or chain
- Whistle
- Area maps
- Extra cash
- Matches/lighter
- Essential toiletries
- Supplies for young children and individuals with special needs
- Family and emergency contact information
- Non-electronic activities



Post Rock Extension District

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