

**GUIDANCE NOTE – SNOW & EXTREME COLD**

**Identify any of your neighbours who may be disabled or elderly who would benefit from your assistance.**

**HOME**

- Ensure water tank(s), loft & external water pipes insulated.
- Have de-icer, salt/grit & tools to keep home safe and path(s) clear of snow.
- If safe to do so - knock down icicles to prevent falling on someone.
- Check gutters if affected by weight of snow.
- Wear warm clothing – plenty of hot drinks and eat hot meals.

**WALKING**

- If going outside wear several layers of clothing and cover your head.
- Keep moving arms & legs to help circulation.
- Wear practical footwear for good grip. Consider using a walking stick.

**TRAVEL**

- Is your journey necessary?
- If by car - have warm clothes, food, water, mobile phone, torch, spade, screen wash.  
(Advise someone when expected to arrive and route plan used).