



# THE OTHER 28 DAYS

February 2026



February brings a mix of celebration and reflection as we look ahead to President's Day and enjoy Valentine's Day. It's a perfect moment to recommit to safety—at work, at home, and in our communities. As winter weather lingers, staying alert and prepared helps protect everyone. Let's carry these themes of care, awareness, and connection throughout the month.



## Speed Safety Awareness

Winter driving awareness means adjusting your speed for current conditions and ensures you can stop safely, as speeding for conditions drastically cuts reaction time and increases crash severity.

**Weather:** Slow down when rain, snow, ice, fog, or glare reduce traction or visibility.

**Terrain Changes:** Ease off the accelerator early when approaching curves, hills, or shaded spots.

**Low visibility:** Reduce speed at night, dawn, or dusk when hazards are harder to detect.

**Traffic Smarts:** Match your speed to traffic flow and increase following distance in congestion.

**Smooth Operation:** React to changing conditions by braking gently, steering smoothly, and avoiding sudden moves.



## Fire Prevention in the Home

Cooking remains the leading cause of home fires, with ranges and cooktops responsible for 62% of fires according to the National Fire Protection Association. A few simple habits can dramatically reduce risk and keep your home and family safe.

**Awareness:** Stay in the kitchen while cooking and turn everything off when finished.

**Prevention:** Keep flammable/combustible items away from stoves and maintain a 3-foot safety zone around heaters.

**Power Sense:** Replace damaged cords, avoid overloading outlets, and never run cords under rugs. Plug major appliances directly into wall outlets and immediately address hot or flickering receptacles.

**Furnace Maintenance:** Schedule annual furnace and chimney inspections and cool ashes in water 24 hours before disposal.



## Cold Weather Injury Prevention

Cold weather can take a toll quickly. Recognizing risks and preparing your body and clothing is essential. A few smart habits can help you stay warm, alert, and injury-free all season long.

**Know the signs:** of hypothermia (shivering, confusion) and frostbite (numb, pale skin).

**Keep moving:** to generate body heat and seek shelter when you start feeling chilled.

**Stock up:** Eat enough calories, stay hydrated, choose warm drinks, and avoid alcohol or excess caffeine.

**Layers:** Dress in moisture-wicking, insulating, and windproof layers with proper hats, mittens, and boots.

**Eye Safety:** Protect your eyes from glare with sunglasses or goggles to prevent snow blindness.



Enjoy this winter season and stay safe out there!

Michael A. Tulley  
USARC Safety Director