



THE OTHER 28 DAYS

September 2026



Labor Day's here, summer's last hurrah! As the leaves begin their colorful show, let's gear up for safety. Whether you're chasing fall foliage or getting your home winter-ready, smart choices make for a spectacular season!



Fall Driving: Navigating the Roads in Foggy Weather

As the days get shorter and weather conditions become more unpredictable, driving in the fall requires extra caution. Fog can drastically reduce visibility, making driving hazardous. A few key steps can help the control the risks:

Slow Down: Reduce speed to increase reaction time for sudden or unexpected stops.

Use Low Beams: High beams will reflect off the fog and worsen visibility; low beams help you see more effectively.

Increase Following Distance: Maintain at least a 5-6 second gap behind other vehicles. Pick a roadside marker and ensure you don't pass it until 5 seconds after the vehicle ahead.

Pull Over if Necessary: If the fog becomes too dense to safely continue, pull into a safe location, turn on hazards, and wait for conditions to improve.



Fall Home Preparation

Fall is the perfect time to prepare your home for the colder months ahead. Incorporating safety into your cleanup plans will help keep you snug as a bug in a rug, without a trip to the emergency room.

Gutter Cleaning: When using a ladder, always maintain 3-point contact, face the rungs and keep your belt buckle between the side rails. Avoid overreaching.

Furnace Inspection: A faulty furnace will leak carbon monoxide. Know the signs of carbon monoxide poisoning- headaches, dizziness, nausea or vomiting, shortness of breath, confusion, blurred vision, and hallucinations. If symptoms appear, get fresh air immediately and call 911. Installing CO detectors is also essential.

Leaf Piles: When raking the blanket of leaves in the yard, maintain proper posture, switch hands frequently, lift with your legs and take regular breaks.



Preparing Before You Step Off

Fall hiking offers breathtaking views, but cooler temperatures and changing conditions require careful preparation. A little preparation keeps you enjoying nature, rather than viewing it from a hospital window.

Wear Proper Footwear: Choose sturdy, waterproof hiking boots with good ankle support and traction.

Check the Weather: Fall conditions can change quickly. Watch for temperature drops, rain, or early snow.

Stay Hydrated and Fueled: Pack plenty of water and high-energy snacks.

Carry a First Aid Kit: Include bandages, antiseptic wipes, pain, relievers, and any personal medications.

Share Your Plans: Let someone know your route and expected return time.



Stay warm, stay alert, and have a wonderful autumn!

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