



Beware This Really Cold Weather (Even for Us): Don't Become An Injury Statistic

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While we await the federal appellate court's decision on whether or not to stay the debut of CSA 2010 (see our earlier post), there's a growing amount of news coverage on just how bad the weather is going to be around here. Low temperatures, snow, ice, wind.

It's going to be very dangerous on the highways, and it may even become dangerous in your home. [CBS-TV's Chicago affiliate \(WBBM\)](#) is reporting the first big snow is coming, and with it we will undoubtedly be reading in the next few days about people dying from injuries sustained during this onslaught of bad weather.

Remember to check your traffic conditions before you travel, and only travel the roads if you must.

Give due respect for every big rig on the road with you; these commercial trucks are always potentially dangerous for the vehicles they ride beside. Add snow, sleet, ice, wind and the tractor trailers can become extremely hazardous for fellow vehicles on the roadway.

Consider your physical exertion, too. [The American Heart Association has several warnings](#) for those of us trying to get through the day during very cold weather.

[AccuWeather is blogging lots of information](#) today about traveling during this time, including:

- sudden snow squalls will bring visibility on the roads to near zero within seconds
- roads, not just overpasses, will become icy
- safe speeds on freeways are as "conditions permit" so go slow
- keep a wary distance between you and the cars around you because at any time, even a stable SUV can lose traction and cause a pile-up

And, it's going to be a very, very cold holiday season. [Weather reports are predicting](#) that during the day, temperatures will be in the single digits, and we will see negative temperatures after the sun sets.

Remember too, that during the holiday season there are all sorts of emotions that drivers are experiencing – excitement, depression, stress, happiness, sadness – just because of this time of year. This is an added component to driving safe, whether it's traveling on an interstate or just down the road to pick the kids up from school.

Be careful out there. We all know that statistically, there will be deaths during this weather – don't you be one of them.