



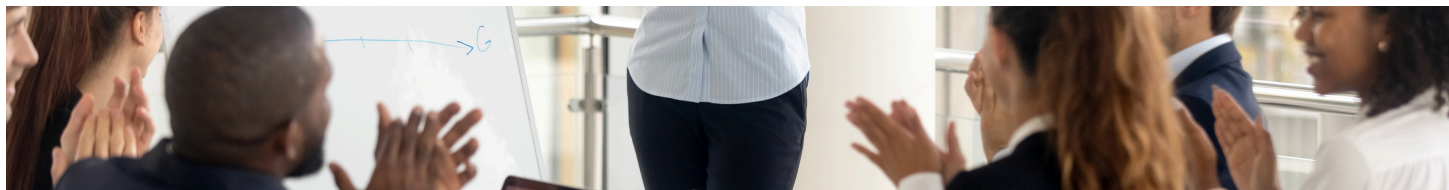
Drunk and Drugged Driving Prevention

Each year more than 10,000 Americans lose their lives due to a drunk or drug impaired driving accident. December is National Drunk and Drugged Driving Prevention month. December was chosen specifically because of the spikes in traffic related deaths between Thanksgiving and New Year's Day. During this time of the year, there is also an increase in social gatherings with the option of drinking or using drugs.

Alcohol is just one of many causes of impairment while driving. Other substances including opioids, cannabis, prescription drugs like sleeping meds and over the counter medicines such as antihistamines can cause drowsiness, alter visual functions, and affect driver's motor skills. If you plan on drinking, you should realize that impairment starts with the very first drink. You may not be legally impaired, but in reality you are not as good a driver after you've had one drink as you were before you had that drink.

You should have a plan that includes a designated driver, a taxi or ride share or overnight stay with a friend so that you do not feel obligated to get behind the wheel.





Start the New Year with Leadership U

Established in 2012, Leadership U is the City of Tulsa's highly competitive leadership development program. Leadership U has proven to be a valuable development experience. Previous participants have graduated and used their new leadership knowledge to successfully promote within the City, have been asked to lead city-wide committees and initiatives and have been appointed as interim director of City departments.

Beginning January 3, 2025, we will open the application process for LU class 8. The application window will close on January 24, 2025.

How to Apply:

Complete the special Leadership U application which will be made available on January 3rd. The application will be available online through Munis.

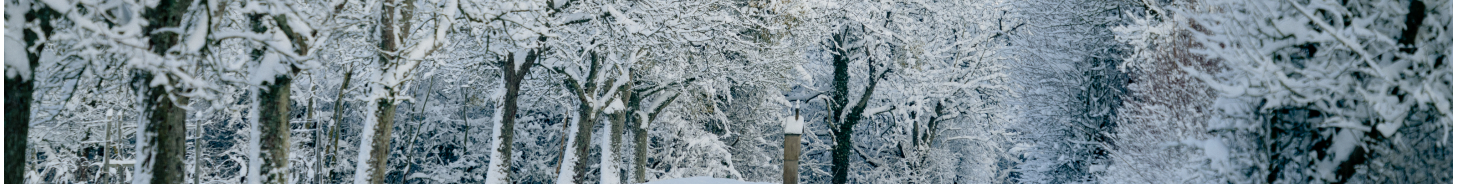
Minimum Requirements:

- Associate's degree (or equivalent 60 accredited college hours). No substitution allowed under PPM 100
- Completion of six months of service with the City of Tulsa as of the closing date
- Meet all other promotional eligibility requirements
- Incomplete applications will not be accepted – all required documents must be attached as instructed. New transcripts are not required provided a current transcript reflecting completion of the required college hours is in your Personnel File in Human Resources/Munis.

Requirements for Successful Completion of the Program:

Leadership U is a 10-month program that will require commitment from participants beyond regular job responsibilities. Candidates must commit to the following:

- Full attendance at orientation
- Maintaining a minimum level of 80% attendance in the total program
- Maintaining a proficient level of performance at your current job with the City of Tulsa
- Full support of the participant's Supervisor



8 Tips to Stay Healthy and Safe this Winter

Drive Safely

AAA offers the following driving tips:

- Avoid using cruise control in wintry conditions
- Steer in the direction of a skid
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- If possible, don't stop when going uphill

If visibility is severely limited due to a whiteout, pull off the road to a safe place and do not drive until conditions improve. Avoid pulling off onto the shoulder unless it is an absolute emergency. Limited visibility means other vehicles can't see yours on the shoulder.

Prepare Your Car

Is your car ready for winter travel? It's not too late to winterize your car. Check out these car care tips to prepare for winter driving:

- Check your tires and replace them with all-weather or snow tires, if necessary.
- Keep your gas tank full to prevent ice from getting in the tank and fuel lines.
- Use windshield washer fluid formulated for low temperatures.
- Keep an emergency kit in your car. Include water, snacks, first-aid kit, blankets, flashlight, extra batteries, portable cell phone charger, and emergency flares.

Prepare Your Home

Winterize your home to help protect yourself and your family from any potential damage the cold temperatures and snow may bring.

Follow these tips to keep your home safe and warm:

- Check your heating systems.
- Clean out chimneys and fireplaces.
- Closely monitor any burning fires or candles.
- Check your carbon monoxide and smoke detectors.
- Remove ice and snow from walkways to prevent slips and falls.
- Keep an emergency kit in your home that includes flashlights, extra batteries, a first-aid kit, extra medicine, and baby items.
- If you lose power, your kit should also include food and water for three days for each family member, warm clothing if you have to evacuate, and toys and games for children.

Prepare For Outdoor Activities

Remaining indoors during the winter is appealing, but you and your family may want to venture outdoors to enjoy winter activities. Take these steps to prevent serious injuries and illnesses, like hypothermia and frostbite:

- Wear layers of lightweight and warm clothing, a wind-resistant coat, waterproof shoes, and a hat, gloves, and scarf.
- Work slowly when engaged in outdoor tasks, such as shoveling your driveway or removing snow from your car.
- Take a friend and carry a charged cell phone when participating in outdoor activities.

Avoid Snow Shoveling and Snow blowing Injuries

Shoveling snow or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk injury or illness, especially those that have inactive lifestyles.

The National Safety Council recommends the following tips to shovel safely:

- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, over 400 people die and 50,000 are treated for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as “flu-like” – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion.

Prevent Falls This Winter

When the rain and snow start to fall, so do people. In fact, falls are the leading cause of nonfatal injuries in adults 45 and older. Protect yourself from a life-changing injury this winter with these safety tips:

1. Choose the right shoe. Shoes and boots need to fit properly and have soles with good traction. Snow boots or hiking boots will provide the best protection for inclement weather.
2. Leave early. Falls are more likely to happen when you're in a rush. Allow yourself plenty of time to get to where you're going.
3. Walk like a penguin. Take short steps and walk as flat-footed as possible on icy or slippery ground.
4. Keep your hands free. You'll need them to help you balance, so avoid carrying heavy loads and keep those hands out of your pockets.
5. Remove snow and ice from walkways frequently. Don't wait for it to melt. That could take a while. Apply ice melt and ask for help if you need it.
6. Keep the lights on. If you have exterior lights on your home, use them to help see where you're walking at night.
7. Advocate for your safety. If the entrances or sidewalks do not look safe outside of a business or a local venue, speak up and let someone know.

Keep a Charged Phone With You

Your cell phone can help with any emergency you may come across walking, driving, or playing in the snow. It's important to keep a charged cell phone with you or anyone you are out with, so you can call for help if anything were to happen!
