# [***Stranded paraplegic did right things to stay alive, expert says***](https://advance.lexis.com/api/document?collection=news&id=urn:contentItem:47KN-2J30-01D6-W0FC-00000-00&context=1516831)

The Star Phoenix (Saskatoon, Saskatchewan)

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**Body**

REGINA -- Although Michael Brady was unprepared for winter travel, the 40-year-old paraplegic stranded on a snow-blocked rural road for more than 40 hours proved resourceful, says Saskatchewan Safety Council spokesperson Patrick Kurtz.

"He was very lucky, but he did do the right thing by staying with his vehicle and putting on extra clothing."

Travelling alone Sunday night, Brady was en route to Regina from a friend's farm near Hodgeville when he missed his turn and his vehicle left the road.

Saskatchewan News Network; Regina Leader-Post

He stayed in his van until Tuesday afternoon -- a bright and unseasonably warm day.

He didn't know when he'd be found and was worried his fuel wouldn't last another night so he decided to look for help.

He unloaded his wheelchair from his van and began a torturous trek on a snow-packed rural road.

His ordeal ended when an area farmer found him and took him to a nearby farmhouse.

According to the safety council, many travellers experience vehicle trouble at some point.

"The first thing you want to do is make sure you have good winter clothing for everybody -- jackets, gloves, boots, and toques and it's always a good idea to have a winter survival kit," Kurtz said.

The kit should include a 48-hour candle, matches, a can-opener, freeze-dried food, and a first-aid kit. Booster cables, flashlights, tow rope, jack, flares and maps are also important to pack as well as shovels, traction mats and kitty litter for traction if you get stuck.

"Another really good idea is to carry a ***cellphone***," Kurtz said.

Brady cuddled his two dogs for warmth, ran the van every two hours for 15 minutes and covered his head with an extra sweater and boxer shorts to conserve body heat.

"My Dad taught me how to take care of yourself when you're in trouble," Brady said Wednesday.

"I just bought this van and I just didn't have the stuff I needed to be on the road."

Running your motor periodically in short intervals is a good idea, Kurtz said.

"But you want to make sure your tailpipe is clear so you don't have a build-up of carbon monoxide," he said. "Make sure you keep the windows open a crack so you have some fresh air coming in."

It's also important not to do a lot of heavy exercise, he said.

"If you're perspiring, it tends to cool you down," Kurtz said. "It depends on your circumstance, but we recommend that you don't do a lot of heavy shovelling. Take a look in your vehicle for things that can help you to survive -- like mats.

Brady showed presence of mind by trying to use floor mats for traction, Kurtz said.

"If you have flares or reflectors, do put them out to let people know you are there and it's a really good idea if you're going to be travelling on the highway to let people know when you're leaving, what time you plan to arrive and the highway you're planning to travel on. If people are looking for you, it narrows down their search area."

**Graphic**

Photo: Canadian Press; Michael Brady at his Regina home with his dogs

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