Visit the UW Alert Blog and Snow Removal Progress Map (as appropriate) to check conditions before arriving at the Seattle campus.

**PREVENT SLIPS, TRIPS, & FALLS**

- Wear slip-resistant footwear that has **good traction**. Avoid shoes with smooth soles.
- Take **shorter steps** at a **slower pace** on icy pavement.
- Hold onto the **handrails** when using stairs.
- Keep your **hands free** to help catch yourself if you start to fall.
- Use a **cart** and take the elevator when carrying large items.
- Avoid walking while **distracted**; put away your mobile device.
- Use **caution** when stepping off curbs and walking up or down steep slopes.
- Give yourself **extra time** to get to your destination.
- Wipe your **feet** on a mat when you enter a building to remove excess water.

**WORK SAFELY OUTDOORS**

- **Know the symptoms of cold stress** that could lead to **frostbite**: reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.
- ** Wear layers** to help stay warm; wear at least three layers of loose-fitting clothing, insulated gloves and boots, and cover your head.
- Monitor your **physical condition** and that of your coworkers.
- Stay **dry and pack extra clothes**; moisture can increase heat loss from the body.
- Take **frequent breaks** in warm, dry areas.
- Drink **warm liquids**.

**LAYERING BASICS**

- **Base layer**: Wicks sweat off your skin; thermal underwear top and bottom; avoid cotton clothing.
- **Middle layer**: Retains body heat to protect you from the cold; fleece, sweater, hoodie or a down jacket.
- **Outer layer**: Shields you from wind and rain; waterproof, breathable shell.
- **Protect your extremities**: Cover your head and hands; wear a hat that covers your ears; and waterproof gloves or mittens.
- **Suitable footwear**: Wear warm socks (wool or synthetic) and waterproof boots with good tread to prevent falls.
- **Accessorize**: Wear sunglasses and apply sunscreen to exposed skin.
TRAVELING IN THE DARK

Depth perception, color recognition and peripheral vision can all be compromised in dark conditions.

Drivers

- Schedule a vehicle winter maintenance check-up.
- Take special care when getting in and out of vehicles when the pavement is slippery or icy.
- Be aware of crosswalk locations and scan for pedestrians.
- Acknowledge pedestrians waiting to cross so they know you’ve seen them.
- Slow down and leave more space between you and the car ahead – your headlights will cause reflections inside the vehicle in front of you, making it harder for that driver to see pedestrians and other obstacles.
- Stock your car with winter driving essentials: Cellphone charger; flashlight and flares; full tank of gas; extra food and water; extra clothes, boots, gloves and hat; blankets or sleeping bag, first aid kit, snow tires or chains and jumper cables; ice scraper/snow brush and shovel.

Pedestrians

- Always assume drivers do not see you.
- Avoid wearing headphones so you can hear cars approaching.
- Wear bright clothing or something reflective on you or your backpack.
- Consider that a driver may be blinded by oncoming headlights and be unable to see you clearly.
- Wait for cars to stop before stepping into the crosswalk.

MORE INFORMATION

Visit the UW Emergency Management website for information about winter storms and preparing for cold weather emergencies.