WINTER WALKING

- Waddle like a penguin to prevent slipping.
- Maintain your center of balance.
- Take steps slowly.
- Keep your hands free and out of pockets.
- Avoid talking on cellphones.
- Use handrails where provided.
- Notify UW Facilities at 206-685-1900 when encountering icy sidewalks on the Seattle campus.
- Give yourself sufficient time to reach your destination during bad weather.
- Plan your route and watch where you walk and avoid routes that have not been cleared.
- Avoid carrying large and heavy objects that can obstruct your view or affect your balance.
- Wipe your feet on a mat when you enter a building to remove excess water.

PREVENT SLIPS, TRIPS & FALLS

- Make sure you wear proper winter footwear (shoes and boots).
- Be aware of wet areas on the floor from melted snow and ice.

REPORT ACCIDENTS AND INJURIES
via the UW Online Accident Reporting System (oars.ehs.washington.edu).
Incidents involving University personnel must be reported within 24 hours; however, serious incidents should be reported immediately (after first aid/medical care) by calling 206-543-7262 or 206-685-8973 (after hours).

WORK SAFELY OUTDOORS

- Know the symptoms of cold stress that could lead to frostbite: reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.
- Dress properly; 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.
DECORATE SAFELY DURING THE HOLIDAYS

Prevent injuries and fires while decorating by taking these precautions:
- Keep your tree at least 3 feet from heat sources and open flames (e.g., candles).
- Choose an artificial tree that is fire resistant, or if using a live tree, keep it well-watered.
- Keep candles at least 12 inches away from materials that can burn or choose flameless candles.
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections.
- Turn off all lights and decorations when you go to bed or leave the dwelling.
- Don’t daisy chain or overload extension cords.
- When putting up decorations, use a step stool or ladder to reach high places.

TRAVELING IN THE DARK

Darkness comes early in wintertime. 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 emergency supplies:
  - 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.

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.