

WINTER SEASON SAFETY

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.



REPORTING

- Be aware of **wet areas** on the floor from melted snow and ice.
- If you observe an **ice-covered walkway**, please contact your facilities manager.
 - UW Seattle: 206-685-1900
 - UW Bothell: 425-352-5466
 - UW Tacoma: 253-692-5700
- Keep **floors clean and dry** and pay attention as you walk.
- **Look ahead** and anticipate wet or icy conditions.

REPORT ACCIDENTS AND INJURIES PROMPTLY
via the [UW Online Accident Reporting System](#)
(oars.ehs.washington.edu).