



## Safety Talk: Winter Safety



The winter months introduce a unique set of hazards that we must pay special attention to.

Frost bite, slips and falls, hypothermia, car accidents, and back injuries (shoveling snow) are all hazards associated with winter conditions.

### Winter Weather Safety Tips:

- When possible perform outdoor work during the warmest and brightest part of the day;
- Take regular breaks inside to warm up your body;
- If doing strenuous work outdoors, work with a buddy;
- When shoveling snow, protect your back by being mindful of lifting loads(bending at the knees);
- Be familiar with the symptoms of frostbite and hypothermia; and
- Drink plenty of fluids to avoid dehydration! Your body is working hard to keep you warm.

### Frostbite occurs when the skin freezes and loses water:

- Affected area will feel cold, tingly, stinging or aching followed by numbness;
- Skin will turn red, then purple, then white;
- Move to a warm area, cover the affected body part, and arrange for immediate medical attention; and
- Do not rub affected area or attempt to heat with hot water.

### Hypothermia occurs when the body loses heat faster than it can be replaced:

- In less severe cases the person could shiver, lose coordination, and slur speech;
- For less severe cases move the person to a warm area, remove wet clothing and replace with blankets or dry clothes;
- In severe cases the symptoms will worsen, the person maybe unable to stand or walk, and may lose consciousness;
- Immediately call UCPD at 123 or 773.702.8181 for severe cases.

### Dressing for Winter Weather:

- Wear a hat - up to 40% of body heat can be lost through the head;
- Keep your hands and feet dry – choose water-proof gloves and boots;
- Mittens keep your hands warmer than gloves;
- Dress in layers so that you can adjust for temperature changes; and
- Wear outer layers that allow your body to "breathe" to prevent the buildup of sweat.

### Road Safety for Winter Weather:

- Take your time, don't drive anywhere in a hurry;
- Do a full check of your vehicle to ensure it is ready for winter driving;
- Give yourself extra braking distance;
- Be extra vigilant as a pedestrian – make eye contact with the driver before crossing the street; and
- Remember that various public transportation options are available for getting around campus!

### TO AVOID SLIPPING ON ICE: WALK LIKE A PENGUIN

Hands  
outside your  
pockets



Keep your  
stance wide,  
knees loose

Take short,  
shuffle-like  
steps

Feet  
pointed  
outwards

### Car Winter Survival Kit:

The following items may be handy should you get stranded on the road:

1. Blankets or sleeping bags.
2. Flashlights (self-charging is best).
3. Bag of sand or kitty litter.
4. First aid kit.
5. Shovel and ice scrapers.
6. Jumper cables
7. Candle, matches, lighter, and a couple of empty cans (one to hold the candle and another to collect and melt snow).
8. Snacks and bottles of water.
9. Extra mittens, socks, and hats.
10. Prepare your kit ahead of time!
11. If you're stranded it is best to stay with your car and wait for help.