

BBBRRRR ITS COLD IN HERE!

As the winter months approach, our risks on campus evolve and we need to take different steps to stay safe.

Here are some tips:

- Plan ahead and give yourself sufficient time.
- When walking on steps, always use the hand railings and plant your feet firmly on each step.
- When walking on an icy walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- Look out for "black ice." Dew, fog or water vapor can freeze on cold surfaces and form an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement. It often shows up early in the morning or in areas that are shaded from the sun.
- Carrying heavy items can challenge your sense of balance. Try not to carry too much--you need to leave your hands and arms free to better balance yourself.
- Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with a full force.
- When entering a building, remove as much water from your boots as you can. Take notice that floors and stairs may be wet and slippery--walk carefully.
- If you are in the cold, dress in layers. Choose fabrics such as cotton and wool, which insulate but also allow sweat to evaporate. Wool will keep you warm even when it is wet. Pay particular attention to your head, face, hands, and feet.
- Keep dry. Always have extra clothing available if there is a chance you will get wet.

**TALK TO YOUR UC REPRESENTATIVE IF YOU HAVE ANY
QUESTIONS ABOUT HEALTH, SAFETY AND ENVIRONMENT AT UC**