

# ENVIRONMENTAL HEALTH AND SAFETY

## FACILITY AND OCCUPATIONAL SAFETY

# WINTER PREPAREDNESS



## Stay Safe This Winter With These Tips

### Winter Driving Tips

- Make sure your windows are clear of snow and ice
- Leave early and take it slow
- Reduce your speed, especially on bridges, which may freeze before the road does
- Increase the distance between you and the car in front of you by at least 4 seconds to allow more time to stop
- Be extra cautious as you exit your vehicle and walk through parking lots

### Additional Resources

10 Tips to Stay Safe on the Road this Winter | FEMA.gov



Administrative Operations

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### Winter Walking Tips

#### **Start Off on the Right Foot**

- Wear footwear with good traction. Consider wearing over-the-shoe ice cleats - Remove cleats as you enter any building
- Wear gloves to keep your hands warm and keep them out of your pockets for balance

#### **Plan Your Route**

- Walk on cleared and treated surfaces whenever available
- Adjust your path to walk through buildings and tunnels
- Allow extra space when walking around vehicles as they may need more space to stop

#### **Don't Overdo It**

- Avoid carrying heavy or awkward loads
- Use straps on bags to keep your hands free for balance
- Slow down and take shorter steps for better traction

#### **Be Smart**

- Avoid the stairs when an elevator is available, stairs can be wet or slippery
- Use handrails to walk up and down stairs