

Hello CAHNRS,

Be safe this winter!

Winter weather means taking extra precautions to ensure safety on the job and getting to class. Freezing fog, snow and low temperatures are expected through next week. Please remember to be aware of icy road and sidewalk conditions. Promptly complete an [incident report](#) for accidental injuries and work-related illnesses and let your [immediate supervisors](#) know for [investigation](#).

- Report hazardous and slippery areas to Facilities Services at 335-9000.
- Remember to take off footwear traction devices (cleats/chains) before entering buildings.
- Watch out for snow or water that may have been tracked in from outside.

#### **Tips for Walking on Slippery Surfaces**

1. Take small steps-shorter than your foot length-to keep your center of balance under you.
2. Walk with your toes pointed outward which provides a wider, more stable base of support for maintaining balance.
3. Turn gradually-a sharp turn results in a sideways force that can cause loss of balance and a fall.
4. Keep both hands free for balance, rather than in your pockets.
5. Wear shoes with slip-resistant soles, or studded shoe pullovers for walking on icy surfaces.
6. Use sidewalks/walkways that have been cleared of ice and snow.

#### **Be Aware and Take Care**

- Factors that can contribute to cold weather health problems include sitting or kneeling on cold, unprotected surfaces, exertion, perspiration, wind chill, and icy conditions.
- Preventative measures for hypothermia and frost bite include appropriate Personal Protective Equipment (PPE), work areas that are protected from wind or drafts, heated shelters if exposed to wind chill factors 20°F or less, thermal insulation for equipment handles exposed to temperatures 30°F or less.
- Cold weather PPE includes layered clothing (windbreaker, insulating layer that absorbs sweat and retains body heat when fabric is wet, and an inner layer to ventilate and wick moisture away from the body), a spare change of clothes, hats, gloves, facial protection from wind and sun, and insulated footwear.
- Travel may be difficult in places, but many weather related vehicle accidents are preventable. Decrease speed and increase following and stopping distances on snow or ice. Use traction control devices when necessary and limit trips if possible.

#### **Find Out More**

- National Weather Service Forecast:  
<http://forecast.weather.gov/MapClick.php?CityName=Pullman&state=WA&site=OTX&textField1=46.7314&textField2=-117.179&e=1#.VnL98Wplios>
- WSU Winter Snow Removal  
<http://facilitieservices.wsu.edu/SnowRemoval.aspx>
- Safety Policy and Procedure Manual section S30.70.1 "[Personal Protective Equipment-Working in Cold Environments](#)", or contact the WSU Environmental Health and Safety office. Centers for Disease Control web site: <http://www.cdc.gov/niosh/topics/coldstress>.