Winter Hazard Awareness

The Goal is “Don’t get hurt!”

“Defensive driving” means providing a defense or protection against “attack” from vehicles, trees, etc. This is especially important in the winter when roads are slick. Make a plan or strategy in advance in order to achieve the ultimate goal (getting where you need to go without mishap). Include the following:

- Monitor the weather forecasts daily.
- Prepare your vehicle for winter driving, including good wipers, battery and snow tires.
- Dress for the cold including coat, hat and boots.
- Drive more slowly and become more vigilant.
- Slow down and look twice… and Buckle up!

“Defensive walking” means protecting our bodies against falls on surfaces or stairs. Many of the defensive measures mentioned above also apply... Yes, even snow tires, for your feet! Wear appropriate footwear with rubber soles and good traction. Slow down, take short steps and detour around icy spots. Read more tips on "Preventing Ice Related Injuries" and other winter fact sheets from the RMSO A to Z Index page.

Check up-to-date road conditions:
www.wyoroad.info or call 1-888-996-7623 (511 from cell phones).

For quick reporting of icy spots, add UW Physical Plant to your phone contacts:
766-6225 or SvsDesk@uwyo.edu

Prevent injuries while Shoveling

Snow shoveling safety tips:
If you are over 40 or inactive, check with your doctor first. Shoveling is a weight-lifting exercise that raises your heart rate and blood pressure.

* * *
Don’t shovel right after eating.

* * *
Warm up and stretch before starting the job. Take frequent breaks. Stretch afterwards too!

* * *
Shovel small layers of fresh snow, if possible. It is lighter than wet or packed snow and ice.

* * *
Push the snow forward instead of lifting it. Pick up only small amounts if needed.

* * *
Use your legs, not your back. Legs should be bent and back straight. “Sit” into the movement. Allow large muscle groups to do the work.

* * *
Dress in layers. Protect against moisture and wind. Take care to keep hands and feet warm.