



UNIVERSITY OF WYOMING



### Risk Management & Safety

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# 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!**



### Check up-to-date road conditions:

[www.wyoroad.info](http://www.wyoroad.info) or call

1-888-996- 7623 (511 from cell phones).

"**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.



For quick reporting of icy spots, add UW Physical Plant to your phone contacts:

**766-6225** or [SvsDesk@uwyo.edu](mailto: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.

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Don't shovel right after eating.

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

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

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

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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.

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

*Safety* Is Everyone's Job!