

# ENVIRONMENTAL HEALTH AND SAFETY

## FACILITY AND OCCUPATIONAL SAFETY

# SNOW AND ICE SAFETY



### Tips for Safe Walkways and Safe Shoveling

Keeping sidewalks and pathways clear during the winter months is essential for preventing slips and falls. A few simple steps can help keep campus walkable and reduce the risk of injury.

#### Walkway Safety

- Pre-treat walkways with ice melt when snow or freezing conditions are expected (buckets are located near many building exits).
- Clear snow early and often — make multiple smaller passes instead of waiting for deep accumulation.
- Focus on keeping primary paths, entrances and exits clear.

#### Snow Shoveling Safety

- Stretch your arms, shoulders, back and core before you start.
- Dress warmly, stay hydrated and take breaks as needed.
- Bend at the knees and use your legs to do the work; keep your back straight.
- Avoid twisting your torso while lifting or throwing snow.
- Push snow when possible instead of lifting it.
- If lifting is necessary, keep the load small and close to your body, and lift with your legs — not your back.

These small actions go a long way in keeping both our campus and our community safe throughout the winter.



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*A Building Services employee clearing walkways in front of a campus building.*

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