

# Don't Let Winter Get You Down

Prevent injuries, illnesses, and damaged property by taking these safety precautions.

## AVOID SLIPS, TRIPS, AND FALLS



Wear **slip-resistant, comfortable** footwear. Tread carefully.



Be extra careful when **entering and exiting vehicles**.

## FIGHT FROSTBITE



Limit your time outdoors in cold, wet, or windy weather and **layer in loose, warm clothing**. Change out of wet clothing as soon as possible.



**Know the symptoms of frostbite:** burning, numbness, tingling, and itching in the affected areas.



**Seek medical attention** if you think you have frostbite.

## PROTECT YOUR SPACE



**Close and lock** all windows, doors, blinds, and curtains before you leave. Open windows in "forgotten" spaces waste energy and can lead to damage if water pipes freeze and crack.



**Turn off** computers, lights, and other equipment. Move electrical or valuable items off the floor and away from windows.



**Avoid fire hazards** by keeping approved portable space heaters away from flammable materials. **Never** leave a space heater on and unattended.

## REPORT ISSUES TO CUIMC FACILITIES MANAGEMENT



Report problems—such as leaks, windows, or doors that cannot be closed—and icy sidewalks to **Facilities Management at 305-HELP (305-4357), option 3**.



Report on-campus emergencies to **Public Safety at 212-305-7979**; for off-campus emergencies, call **911**.

