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 CUMC 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.