

# Winter Safety and Parking

## SAFETY TIPS

### Outdoor Safety

- ✓ When walking or driving during inclement conditions, take more care and caution and give yourself more time to get to volunteering.
- ✓ Be particularly careful getting into and out of vehicles – and hold on to the vehicle for support.
- ✓ Wear appropriate footwear- flat footwear with rubber soles provides better traction on ice and snow than leather-soled, high-heeled or running shoes.
- ✓ **Walk like a penguin!** Walk slowly, bend slightly, walk flat footed, point your feet out slightly, and keep your centre of gravity over your feet while taking shuffle-like steps. Keep your arms at your sides not in your pockets. Plant feet firmly on steps.
- ✓ Walk in designated walkways, assume wet, dark areas on pavements are slippery and icy, and use handrails when you can. Avoid hazards such as taking shortcuts over snow piles, where snow and ice removal is not feasible. **DO NOT** step over cement parking barriers.
- ✓ Keep alert to your surroundings - Be cautious of snow clearing equipment, keep a watchful eye on vehicles, and avoid talking/texting on your cell phone when walking.



**\*\*Remember that no matter how well snow and ice is removed from parking lots or sidewalks, you may still encounter slippery surfaces when walking outside during the winter.\*\***

### Indoor Safety

Walking over slippery floors can be just as dangerous as walking over ice! Keep these tips in mind if you are entering a building:

- ✓ Remove as much snow and water from your boots as you can. Make sure you are looking at the floor. Water from melting snow and ice on the floor can lead to slippery conditions.
- ✓ Notice that floors and stairs may be wet and slippery—walk carefully, especially by entrance doors.
- ✓ Wet floor signs and spill kits are available in public corridors and near entrances. **It is everyone's responsibility to ensure that wet floors are identified.** Please use these kits to ensure that an indoor slipping hazard does not continue to be a risk to staff, patients, and visitors.

### Reporting Hazardous Interior and Exterior Work Surfaces

Surface hazards come in many forms - wet or slippery floors, cracks, holes, bumps, carpet trip hazards, snow, ice, uneven walking surfaces, slippery conditions, etc.

1. **Once an indoor slipping hazard has been identified or addressed with a floor sign or spill kit**, report any unsafe indoor and outdoor surface hazards to:
  - Kassie Wilson (ext. 56473) or Chris Askew (ext. 75823) *during regular office hours*
  - Security at ext. 52281 *after hours*
2. **Notify the person you report to you on your shift** regarding the area of concern.

## PARKING AREAS

It is vital to everyone's safety that snow is removed safely and in a timely manner. **Parking only in designated areas helps in a big way for snow removal in outdoor surface lots.** Please refrain from parking in non-designated parking spaces, fire routes, or blocking roadways, sidewalks or walkways. Violating parking policies can result in towing of your vehicle.

Please direct any questions or concerns to the VH Parking Office at ext. 53078 or the UH Parking Office at ext. 32446.