

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**.

Visit facilities.cuimc.columbia.edu for additional winter safety tips.



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