



Southwest Washington Workers'
Compensation Trust

Parking Lot Safety Tips

Many teachers are injured in parking lots each year. Injuries occur mainly from slips, trips and falls as people walk to the building or back to their cars, but other safety issues are also important to consider. Follow these guidelines to help keep you safe as you arrive to work and leave at the end of the day.

In the morning:

- Park close to an entrance if possible to avoid long walks to your building.
- Park in well lit areas, especially if you are one of the first to arrive each day or plan to work after others have left at night.
- Be aware of your surroundings before you leave your car. If a stranger is near, remain locked in your car or drive away and return after the person has left.
- Close car windows and lock your doors when you leave.
- Don't leave valuable items visible in your car where they can tempt others.
- Be aware of icy conditions. Wear practical shoes and place your feet carefully.
- Avoid walking into the building with large or hard to carry items. Two trips may be better than one. Ask for assistance or use a cart so you can use your hands and arms for balance.
- Walk in designated walking paths. Avoid walking across grassy or snowy areas that can be slippery in the mornings.

In the evening:

- If possible, schedule your departure from school while it is still light outside.
- Use the buddy system. Plan to work with a co-worker or let another know if you plan to stay late in your classroom.
- Leave with another employee. A custodian might be willing to escort you to your vehicle.
- If you coach students after dark, try to leave with another coach after the students have left. This can also help you avoid being alone with students.

In general:

- Carry a cell phone.
- Be aware of curbs that can be buried under leaves or snow. Watch for loose gravel and other hazardous conditions.
- Let others know where you are and when you are expected elsewhere.
- Trust your senses. If a situation feels unsafe, stay where you are, call for help, or call 911.
- If you are injured be sure to fill out an employee incident report.

Be safe. Stay alert. Chances are you won't get hurt.