

# Workplace Slips, Trips and Falls



**Source:** *ReliablePlant.com, W.W. Grainger*

# Uphill Battles

Stairs and ladders may help us get to higher places, but they can be dangerous. Follow these tips for healthy climbs:

- 👉 Steady ladders on level, firm ground. Have someone brace the ladder.
- 👉 Make sure metal ladders have feet that resist slipping.
- 👉 Center your body between ladder rails, and never lean far to the side.
- 👉 Make sure all locks are in use when using extension ladders.
- 👉 Don't place a ladder in front of a door that someone might open.
- 👉 Keep ladders away from electric wires.
- 👉 Never step on the bucket shelf, top step or rear section of a ladder.
- 👉 Use the right size ladder for the job. The ladder should go up three feet or more over the roofline or working surface.

Try these safety tips for stairs:

- 👉 Remove objects from stairs to put a stop to tripping.
- 👉 Put in stair rails.
- 👉 Make sure stairs are well lit.
- 👉 Fix any stairs that are broken or not even.
- 👉 Use safety gates at the bottom and top of stairs when young children are present.

*Source: U.S. Consumer Product Safety Commission; Centers for Disease Control and Prevention*

## Six Guidelines to Prevent Workplace Slips, Trips and Falls

Here are six guidelines to help you create a safer working environment for you and your employees:

### 👉 Create Good Housekeeping Practices

Good housekeeping is critical. Safety and housekeeping go hand-in-hand. If your facility's housekeeping habits are poor, the result may be a higher incidence of employee injuries, ever-increasing insurance costs and regulatory citations. If an organization's facilities are noticeably clean and well organized, it is a good indication that its overall safety program is effective as well.

### 👉 Reduce Wet or Slippery Surfaces

Walking surfaces account for a significant portion of injuries reported by agencies. The most frequently reported types of surfaces where these injuries occur include: parking lots, sidewalks (or lack of), food preparation areas, floors in general. Indoor control measures can help reduce the incidence of slips and falls: 1. Use moisture-absorbent mats with beveled edges in entrance areas. 2. Display "Wet Floor" signs as needed. 3. Use anti-skid adhesive tape in troublesome areas. 4. Clean up spills immediately.

### 👉 Avoid Creating Obstacles in Aisles and Walkways

Injuries can also result from trips caused by obstacles, clutter, materials and equipment in aisles, corridors, entranceways and stairwells. To avoid such type of injuries, keep all work areas, passageways, storerooms and service areas clean and orderly. Avoid stringing cords, cables or air hoses across hallways or in any designated aisle. In office areas, avoid leaving boxes, files or briefcases in the aisles. Encourage safe work practices such as closing filing cabinet drawers after use and picking up loose items from the floor. Conduct periodic inspections for slip and trip hazards.

### 👉 Create and Maintain Proper Lighting

Poor lighting in the workplace is associated with an increase in accidents. Use proper illumination in walkways, staircases, ramps, hallways and construction areas. Keep work areas well lit and clean. Upon entering a darkened room, always turn on the light first. Keep poorly lit walkways clear of clutter and obstructions. Keep areas around light switches clear and accessible. Repair fixtures, switches and cords immediately if they malfunction.

### 👉 Wear Proper Shoes

The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls. Shoelaces need to be tied correctly. Employees are expected to wear footwear appropriate for the duties of their work task.

### 👉 Control Individual Behavior

This condition is always the toughest to control. It is human nature to let our guard down for two seconds and be distracted by random thoughts or doing multiple activities. Being in a hurry will result in walking too fast or running which increases the chances of a slip, trip or fall. Taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstructs the vision, wearing sunglasses in low-light areas, not using designated walkways and speed are common elements in many on-the-job injuries.



# Question & Answer



## What should I do if I get injured on the job?

**Answer:** Stop what you are doing. Immediately call your supervisor to notify them of your situation. If you need immediate medical attention, make sure to communicate that to your supervisor. Fill out an accident report and report to risk management if you wish to see a doctor. **Injuries must be reported the same day that they occur no matter how minor or major they may be.**

## What are my responsibilities as an employee to prevent injuries?

**Answer:** Request and look for information about health and safety regulations that apply in your workplace. Follow the rules and regulations as established by your employer's health and safety plan. Use the personal protective equipment that is provided to you at work. Notify your supervisor of all hazardous conditions. Notify your employer of an injury or illness associated with work and seek care promptly. Exercise your legal rights and responsibilities responsibly.

## What are the employer's responsibilities?

**Answer:** The employers need to regularly examine working conditions to identify and eliminate hazards and ensure that applicable safety regulations are enforced. Employers need to verify that workers have and know how to use tools and equipment correctly. Employers can use color codes, posters, or signs to indicate possible hazards and bring them to the workers' attention.

## Puzzle



Congratulations to  
last month's winner:  
*Elia Tijerina*

			2				6	3
3					5	4		1
		1			3	9	8	
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4	7				1			

## Let's Get Moving! Move Of the Month:

### Oh My Thighs! April

For the month of April, try this 30 day thigh/leg challenge.





Oh My Thighs! April						
shrinkinyears.net						
SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
	1 5 Single Leg Circle 5 Squat knees 30 sec wait-sit	2 5 Single Leg Circle 5 Squat knees 30 sec wait-sit	3 5 Single Leg Circle 5 Squat knees 30 sec wait-sit	4 5 Single Leg Circle 5 Squat knees 30 sec wait-sit	5 5 Single Leg Circle 5 Squat knees 30 sec wait-sit	6 Rest
7 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	8 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	9 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	10 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	11 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	12 5 Single Leg Circle 7 Squat knees 45 sec wait-sit	13 Rest
14 5 Single Leg Circle 10 Squat knees 60 sec wait-sit	15 5 Single Leg Circle 10 Squat knees 60 sec wait-sit	16 5 Single Leg Circle 10 Squat knees 60 sec wait-sit	17 10 Single Leg Circle 10 Squat knees 60 sec wait-sit	18 10 Single Leg Circle 10 Squat knees 60 sec wait-sit	19 10 Single Leg Circle 10 Squat knees 60 sec wait-sit	20 Rest
21 10 Single Leg Circle 10 Squat knees 90 sec wait-sit	22 5 Single Leg Circle 10 Squat knees 90 sec wait-sit	23 5 Single Leg Circle 10 Squat knees 90 sec wait-sit	24 5 Single Leg Circle 10 Squat knees 60 sec wait-sit	25 5 Single Leg Circle 10 Squat knees 90 sec wait-sit	26 5 Single Leg Circle 10 Squat knees 90 sec wait-sit	27 Rest
28 10 Single Leg Circle 15 Squat knees 120 sec wait-sit	29 10 Single Leg Circle 15 Squat knees 120 sec wait-sit	30 10 Single Leg Circle 15 Squat knees 120 sec wait-sit				

Complete the puzzle and turn it in to Human Resources by April 14, 2017 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!



# Safe Work Practices to Prevent Back Injuries

To reduce back injuries at work, it is important to find and avoid risk factors that increase your chance of injury. When any of the following occur in combination your risk of a back injury is increased:

-  **Awkward Posture** – Your body posture determines which joints and muscles are used and the amount of force that is generated. Whether standing or sitting, there is a neutral position for your back. Postures that differ from the neutral position increase stress on the back, especially when combined with other risk factors. Avoid strenuous activity while the body is in a twisted or bent position, repeated bending, twisting and reaching or bending forward while lifting.
-  **Overexertion** – Tasks that require forceful exertions place higher loads on the muscles, discs, ligaments and joints and can lead to fatigue and injury. Your risk depends on: type of grip, weight of an object, type and duration of the task or body posture. To avoid overexertion: Use material handling devices, such as dollies, carts, wheel barrows, lift trucks and skid loaders, divide the load for safer transport, push materials rather than lift or ask a co-worker to assist your lift.
-  **Fatigue** – Job tasks that require the same muscles or motions for long durations can increase fatigue. In general, the longer the period of work, the longer the recovery or rest time required. To reduce fatigue you can alternate tasks and postures that use different motions and muscle groups, such as sitting and standing. Take the time to stretch during scheduled breaks and break standing tasks with seated.
-  **Repetition** – Repeating the same motions over and over again places stress on muscles and joints. If repetitive motions are frequent or sustained and combined with excessive force or awkward postures, they can cause injury. Your risk depends on: how often the action is repeated, speed of the movement, number of muscles involved, required force to lift or move the material or body posture. If motions are repeated frequently, such as every few seconds, and for prolonged periods, such as an 8-hour shift, fatigue and injury can result. You can reduce injury from repetition by alternating tasks and postures that use different motions and muscle groups. Take time to stretch during scheduled breaks. Use material handling devices, such as dollies, carts, skid loaders and lift trucks.








*Source: K-State Research and Extension*

## Helping Your Wrists Resist Carpal Tunnel Syndrome

You've probably heard of Carpal Tunnel Syndrome (CTS), but what is it exactly and what can you do to prevent it? Simply stated, CTS develops when a large nerve—the median nerve—is compressed inside your wrist. This nerve controls feeling in most of your hand. CTS isn't usually a work-related condition. Many times it develops without a specific cause or for reasons unrelated to work. While there are no proven strategies to prevent the condition, there are some steps you can take to protect yourself from a variety of ailments, such as:










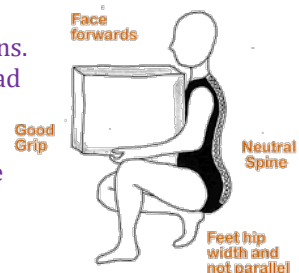
-  Reducing force used to perform tasks and relaxing your grip, like when using a pen
-  Taking frequent breaks to give your hands and wrists rest, and gently stretching and bending them
-  Watching your form and avoiding bending your wrist all the way up or down
-  Improving posture to keep shoulders from rolling forward, which compresses nerves in your neck and can affect your wrists, fingers and hands
-  Keeping your hands warm to control hand pain and stiffness.

*Source: Mayo Foundation for Medical Education and Research*

## Safe Lifting Techniques

Follow these steps for Safe Lifting:

-  **Plan the Lift** – Consider all possibilities. Do I need to clear the path? Do I need to reduce the load? Should I use a material handling device? Are there steps, ledges or other obstacles? Will I need to stop for rest?
-  **Size up the Load** – Check the load to see that it is stable and balanced. Before lifting an object, test the weight of the object by lifting a corner. If you are unsure of its weight, use a material handling device.
-  **Establish a Base** – Use a wide stance, with feet about shoulder's width apart, and one foot slightly in front of the other. This staggered position gives you more stability and reduces the risk of falling. With the load close to your body, bend your knees and keep your heels off the floor.
-  **Get a Good Grip** – Use your palms to grip the object. Make sure you have an adequate hold before moving.
-  **Lift Steadily** – Use your leg strength to lift in a smooth, controlled manner. Keep your stomach muscles tight and your head and shoulders up. Avoid jerking and twisting motions.
-  **Keep it Close** – The closer the load is to your body, the less strain on your back.
-  **Move your Feet** – Don't twist the trunk; move your feet to turn.



*Source: K-State Research and Extension*

# Healthy Recipe

## Lentil Salad

Lentils make a hearty alternative to meat in veggie burgers, soups and salads like this one. Legumes like lentils are rich in fiber, protein, iron and folate. Plus they're a low-calorie option if your resolution this year was to watch your weight. This recipe can be ready in less than 30 minutes with relatively no prep so you can eat well even on a busy weeknight

## Makes 12 Servings

**Per serving:** 220 calories, 11 g total fat, 23 g carbohydrate, 11 g protein, 5 g dietary fiber, 370 mg sodium



### Ingredients:

- 🥄 2 cups dried green or brown lentils
- 🥄 1 Medium red onion, diced
- 🥄 ¼ cup capers (diced if large)
- 🥄 2 cups fresh arugula
- 🥄 1 medium cucumber, chopped
- 🥄 ½ cup chopped walnuts
- 🥄 ¼ cup feta cheese

### Vinaigrette:

- 🥄 1/3 cup olive oil
- 🥄 ¼ cup lemon juice
- 🥄 1 Tbsp maple syrup
- 🥄 1 Tbsp Dijon mustard
- 🥄 1 tsp salt
- 🥄 2 tsp pepper
- 🥄 1 tsp ground cumin
- 🥄 ½ tsp turmeric
- 🥄 ¼ tsp ground cinnamon
- 🥄 ¼ tsp cayenne pepper

### Directions:

1. Rinse lentils and drain. Place in a pot and cover with about 3-4 inches of water, bring to a boil and reduce to simmer. Cook for 15-20 minutes (lentils should still be slightly al dente).
2. While the lentils are cooking, make the vinaigrette by whisking all ingredients together (or shaking in a jar with a tight-fitting lid).
3. When the lentils are cooked, remove from heat, drain and rinse under cold running water stop the cooking process.
4. Add lentils to a large bowl and toss with the vinaigrette. Mix in the onion and capers.
5. Add arugula, cucumber, walnuts and feta just before serving.

## Last Month's Events

### March's Birthday Celebration



### Birthday Puzzle Winner



### March's Nutrition Seminar



## Save the Date!

Health & Wellness Seminar – April 20, 2017