

FEBRUARY 2018 SAFETY AND WELLNESS NEWSLETTER

WINTER SLIP & FALL SAFETY TIPS

We are half way through winter, the season where slips and falls occur at an increasing number. Below is a reminder of what you can do to help prevent slips and falls the rest of the season.

How to Prevent It

- When outdoors or going to and from work wear winter rubber soled boots that allow for good traction on snow and ice
- Take small steps to keep your center of balance under you.
- Walk slowly and never run on icy ground.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails from start to finish in vehicles and in stairwells.
- Keep your eyes on where you are going. No texting while walking.
- Test potentially slick areas by tapping your foot on them.
- Monitor and treat surfaces often keep walkways clear of debris, water, ice and slippery materials.
- When entering buildings, remove snow and water from footwear to prevent creating wet slippery conditions indoors.

When these helpful hints don't work, and you know you are going to slip, try to reduce your potential injury when falling by:

- Roll with the fall making sequential contacts at your thigh, hip, and shoulder to avoid using your arms to protect against breakage.
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.

Safe Winter Walking

Walking to and from parking lots during the winter requires special attention to avoid slipping and falling. We often forget how dangerous slipping and falling can be. The National Safety Council estimates that occupational falls cause more than 1500 deaths per year, along with approximately 300,000 injuries.

No matter how well the snow and ice is removed from streets and sidewalks, employees will encounter some slippery surfaces when walking outdoors in the community in the winter.

- Plan ahead; give yourself sufficient time and plan your route.
- Take short steps.
- Fill a dry, clean recycled bottle with the sand/salt mixture in it on community outings. If you encounter slippery surfaces use the mixture to sprinkle on the surface while you walk to help allow better traction.
- Use special care when entering and exiting vehicles; use the vehicle and its railings for support.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous.

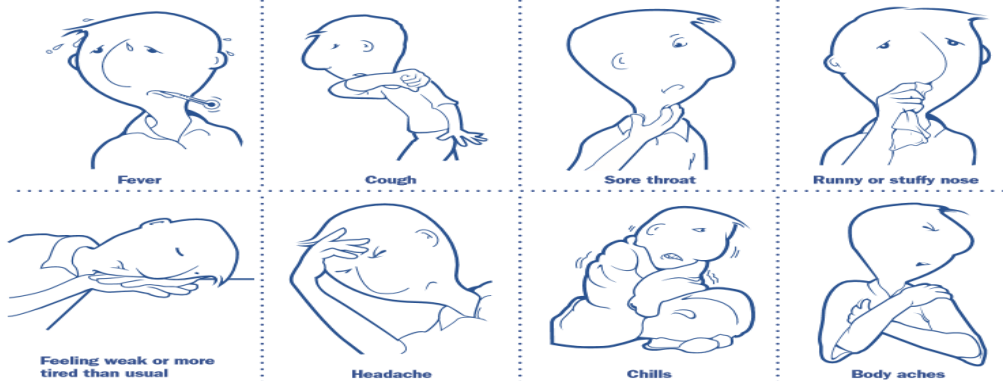
If you practice these steps, together we can protect ourselves and others from devastating injuries.

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INFLUENZA (FLU) Flu and You

How do you know if you have the flu?

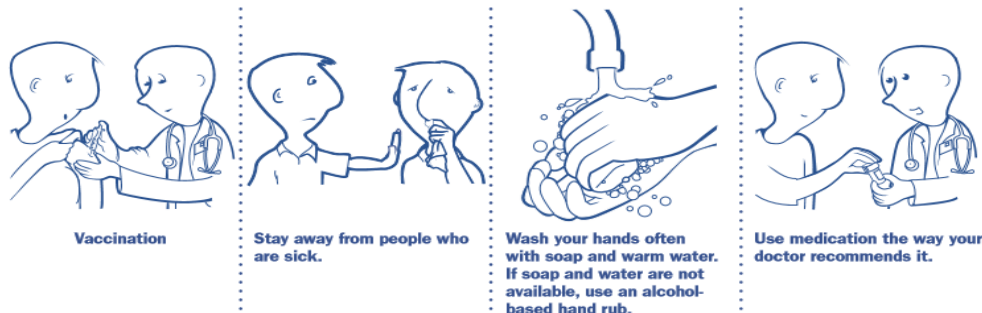
Signs of the flu can include:



Prevention & Treatment

What can I do to protect myself from getting sick?

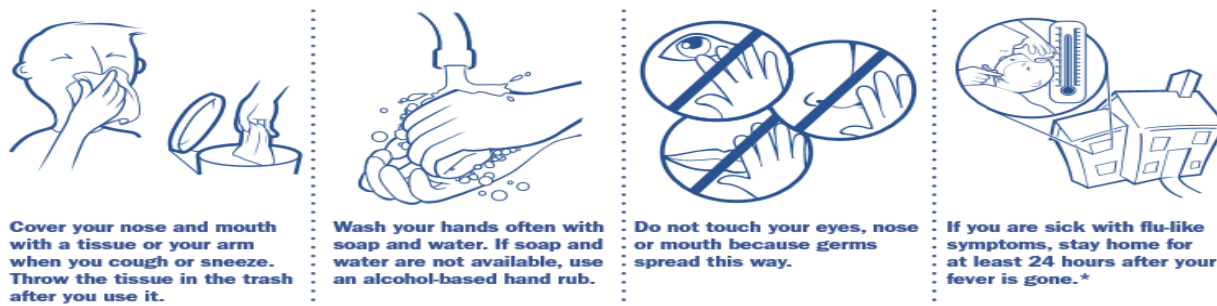
CDC recommends these steps to fight the flu:



If you or your family members have the flu you may not feel like going to the doctor. **Don't forget United Concierge Medicine, fast and easy access to healthcare at your fingertips. No deductibles or co-pays. Simply call 1-844-484-7362 for your medical consultation.**

INFLUENZA (FLU) Flu and You

Everyday health habits to protect your health and the health of others:



**Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't make them sick.*

For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention