

Safety Newsletter

A quarterly publication for injury and illness prevention

Winter 2020



Slips, Trips, and Falls

Here are six simple tips to avoid slips, trips, and falls during the winter season.

1. Keep walkways, stairways, and other work areas clear.
2. Remove hazards, such as water on floors and snow on sidewalks, immediately.
3. When walking, look where you are going and have your hands ready to steady yourself should you slip.
4. Avoid carrying heavy loads that may compromise your balance.
5. Mark hazardous areas. Use temporary signs, cones, barricades or floor stands to warn passing workers.
6. Outside, wear proper footwear. Carefully walk on grassy areas. Make yourself visible to drivers by wearing a brightly colored jacket or clothes.



Importance of Training



If you think training only involves orienting new employees, think again. Besides providing new employee orientations, employers must implement periodic safety and health training. This means providing training to employees regularly. This is necessary whether or not changes are made in the conditions of the workplace.

Training provides employees with the what, why, where, when—all the W's you need to know so you can maintain and improve your own safety. Most importantly, training must teach you a lot of HOWs—how to recognize hazards, how to control any exposure (to these hazards) that may be present in the work area and how to perform your job safely.

Here are the benefits of training to employees:

- **Makes you aware of job hazards**
- **Teaches you to perform your job safely**
- **Instructs you to recognize hazards**
- **Teaches you to control any exposure**
- **Instructs you to respond to emergencies**
- **Promotes two-way communication**
- **Creates interest in the safety program**
- **Encourages safety suggestions**

Winter Playground Safety



Here are some simple tips for avoiding some common playground accidents.

- **Know the temperature!**
Even snow-loving teachers should be aware and cautious when the temperatures dip very low, becoming unhealthy. If it is colder than average in your region, it might be in your best interest to have your facility curtail outdoor time.
- **Check the resiliency of your playgrounds ground cover.**
A lot of playgrounds have resilient surfacing to absorb the shock of falls. During the winter, this material can freeze and become hard, increasing risks of playground injuries. Check the surface of your playground. If it is not safe for students, consider sectioning off those areas or instructing staff not to allow children to play in those areas.
- **Check for hardened snow and ice.**
Ice is hazardous for people of any age. Slips and falls are the most common playground injuries, accounting for about 75% of all traumas, and during the winter these risks increase.

Keep the Flu at Bay



How do people get the flu?

The flu is a respiratory illness that affects the nose, throat and lungs. It can be mild to severe, even deadly. It's believed that the flu virus spreads when people who have it cough, sneeze or talk, and it can be passed to others before a person knows he or she is infected.

CDC recommends taking these steps to help prevent getting the flu:

- Avoid close contact with sick people.
- Stay home from work when you are sick.
- Wash your hands regularly with warm, soapy water for at least 20 seconds.
- Cover your mouth and nose when coughing or sneezing. Do so with a tissue or into your shoulder.
- Avoid touching your eyes, nose or mouth, as germs often are spread this way.

At work, routinely clean touched objects and surfaces such as doorknobs, keyboards and phones to help eliminate germs, CDC states.

In addition, it's important that employers stock their workplaces with adequate supplies of facial tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes.

The material in this newsletter should be part of your Injury & Illness Prevention Plan (IIPP).