



MAFES Dawg Tracks

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10 Simple Habits to Help



SLIPS, TRIPS AND FALLS!!

According to the 2007 Liberty Mutual Workplace Safety Index, same level falls were the second leading cause of all workplace injuries. The following statistics represent the cost of such injuries:

- ✓ In 2005 – 13.6% or more of direct costs associated with such injuries was US \$6.6 billion.
- ✓ The National Safety Council (NSC) estimates that workers' compensation and medical costs associated with employee slip and fall accidents amount to approximately \$70 billion per year –
- ✓ Between 1998 and 2005 Liberty Mutual warned that this problem was growing at 25.6% per year, at a time when other types of workplace injuries were decreasing.

POTENTIAL HAZARDS ASSOCIATED WITH WALKING & WORKING SURFACES-

- Walkways that are wet, oily or otherwise contaminated
- Floor surfaces that are in bad repair
- Loose or unanchored flooring materials - (boards, carpet or rugs)
- Spills
- Weather hazards (rain, ice or snow)
- Lack of employee training
- Inappropriate footwear

FOLLOWING ARE 10 SIMPLE HABITS THAT WILL HELP TO PREVENT FALLS-

- **Be aware of your surroundings-**
“Look before you leap” – this is a good hint to avoid a literal fall, as well as being cognizant of a questionable business or personal life decision. Be careful how you walk. Walking too fast will get you overbalanced. Think about the situation logically and timely, instead of making a decision on impulse or emotions.
- **Get plenty of rest, the proper nutrition, and good hydration-**
Sufficient sleep and rest will keep you energized. When you are tired you are less aware and more prone to bump into objects around you. Be sure to eat properly and drink a lot of water. Always follow the advice of your doctor.
- **Simplify-**
Remove the clutter. Clean up your personal environment by getting rid of clutter and excess “things” that could induce a fall. Arrange office and home furniture to give you clear access through doors and walkways in your business and your home.

- **Avoid Trip-ups –**
Keep it Clear! Remove items and “things” that obstruct your passages to eliminate the potential for a trip or fall, such as extension cords, water hoses, air hoses, etc.
- **Clearance-**
Make way! Be sure that aisles and walkways have a minimum clearance of at least 36”.
- **Hold on -**
Get a grip! When walking or ascending stairs, if the need for a “crutch” is evident, then hold on to something sturdy to aid you along and help you to remain stable.
- **Pay attention –**
Know might cause you a problem. Pay extra attention in areas that are potential fall spots. Restrooms, shops, barn floors and equipment are prime trip and fall spots. Handrails installed in high potential fall areas will offer extra protection for those people who might need more maintenance of balance. Good footwear is a plus to aid in avoiding a trip or fall. Shoes or boots with rubber soles offer more stability against slips and falls.
- **Exercise-**
Move or loose it! Ask your doctor to devise a plan for you personally to help improve your gait, balance and muscle tone. Regular exercise improves all areas of your life - enjoy it.
- **Medication-**
Failure to take medications properly is a major cause of falls and fall-related injuries. So take your medications. Report any side effects or negative reactions to your doctor.

All of these tips are good advice for reducing the potential for a trip or a fall. However, the latter ones are good advice for improving and maintaining your day-to-day health.

A spill, a slip, a hospital trip!!

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SAFETY IS EVERYONE'S RESPONSIBILITY!!

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BETTER TO BE SAFE THAN SORRY!!