



Captain Safety

BECOME A SAFETY SUPERHERO!



Stanley Steel

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Preventing Slips, Trips, and Falls

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip; most notable are ice, oil, water, cleaning fluids, and other slippery substances.

Additionally, wearing inappropriate footwear has led to many slipping accidents.

Trips occur when a person's foot contacts an object and they are thrown off balance. The main cause of tripping is obvious; anytime that there is something in the walkway that doesn't belong there (i.e. extension cord, a piece of equipment), it could cause someone to trip. Poor lighting and uneven walking surfaces also contribute to tripping accidents.

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but many risk factors exist. Risk factors include physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace and home to prevent injuries and keep others safe round the clock.

Remove common slip, trip and fall hazards:



- ➡ Keep floors and stairs clean and clear of equipment and materials
- ➡ Clean up all spills immediately
- ➡ Maintain good lighting both indoors and on outdoor walkways
- ➡ Remove fallen leaves or snow from outdoor walkways
- ➡ Secure electrical and phone cords out of traffic areas
- ➡ Never stand on a chair, table or surface on wheels
- ➡ Use non-skid throw rugs in potentially slippery places, like bathrooms
- ➡ Be aware that alcohol or other drugs, including prescription and over-the-counter medicine, can affect your balance and increase risk of falling.
- ➡ Install handrails on stairways, including porches
- ➡ When not in use, tools and other equipment should be kept in proper storage places.
- ➡ Always put out "Caution: Wet Floor" signs when mopping floors
- ➡ In icy conditions, spread ice melt on ice and wear ice cleats which are available to all team members, when having to walk on ice
- ➡ Arrange furniture to provide open pathways to walk through
- ➡ Use a sturdy step stool when climbing or reaching for high places
- ➡ Periodically, check the condition of outdoor walkways and steps and repair as necessary
- ➡ Wear sensible footwear

How close are we to \$5,000?

Monthly Hero Awards

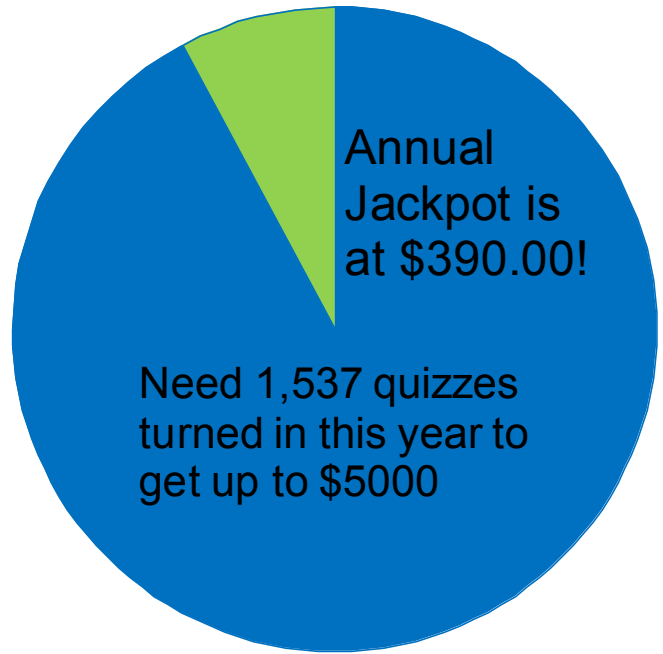
Yolanda Hollins

Bruce Prothe

James Fullenkamp

David Dorn

Mattie Elliott



SAFETY QUIZ

HOW TO SUBMIT SAFETY QUIZZES:

OPTION 1

Complete online by following this link:

<http://essclean.com/page/safety-incentive>.

OPTION 2

Bring it into the office or put in our outside drop box.

OPTION 3

Mail it in.

ESS Clean, Inc.

Attention: Stephanie

P.O. Box 17067

Urbana, IL 61803

****DEADLINE****

01/31/14

Name _____ Employee # _____

1. Keep _____ and _____ clean and clear of _____ and _____.

2. True or False: (circle one): When mopping only put out a wet floor sign if you know that you are not alone in the building.

3. Most falls are?

- a) scary
- b) life threatening
- c) fun
- d) preventable

4. In icy conditions spread _____ on ice and wear _____.

5. True or False: (circle one): Wearing sensible footwear can help prevent slips trips, and falls.

6. Risk factors for falls include:

- a) physical hazards in the environment
- b) age related issues
- c) health conditions
- d) all of the above