

## Date: 1/15/2020    Safety in the Workplace

Valley Medical Group has long had a commitment to wellness and we hear from our Wellness Champions regularly on things to consider for wellness, and how to enhance our health. We also recognize the importance of safety in the workplace and realize that one aspect of this is to share information with our workforce about best practices and safety tips. We will now be sending out regular information on this topic, and hope you find these tips useful!

Now that the new year is here and we are well in to the winter season, this is a good time to be thinking about preventing slips and falls.

Here are some tips to help you keep an ear to the ground, figuratively speaking of course, on standing tall with poise when it comes to defying gravity on walking and working surfaces.



- Look for spots with scattered salt or sand before stepping out of your vehicle.
- When stepping out of the vehicle, test the ground surface with the left foot for a firm foothold before shifting body weight out of the driver's seat.
- When walking on ice and snow-covered parking lots or walkways take short steps and walk at a slower pace, so you can react appropriately to quick changes in traction.
- Plan for the weather by wearing appropriate footwear—even if you're only going across the parking lot and into the building, wear a low heel boot or shoe with good tread made for outdoor winter weather. You can carry in high heels or leather soled shoes and put them on when indoors.
- Always use handrails when walking up or down steps. Take your time and plant your feet firmly on each step.
- Assess your living and working spaces to identify potential hazards. Consider slip resistant mats, remove cords, clutter, and other tripping hazards. Improve lighting and secure or remove loose rugs. And lastly, don't let a phone fixation lead to bone fixation with screws, pins, and possibly a metal plate. Pocket your phone while in transit!

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