

safety lately



A monthly newsletter from A&A Elevated Facility Solutions



Winter Safety

Avoid winter workplace slips and falls.

Slips and falls are among the most common causes of injuries in the workplace. According to the National Institute of Occupational Safety & Health (NIOSH), nearly 30 percent of on-the-job falls result in lost days of work.

Job-related falls can happen any time in any setting. And when you toss in wet and wintry conditions, there's an even greater risk of hazards underfoot.

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TYPES OF WORK-RELATED FALLS

- **Falls on the same level.** Most workplace falls happen when a worker slips, trips or falls at the same level they're standing. These falls are most often caused by slippery or uneven surfaces, worksite clutter or equipment or worn or improper footwear.
- **Falls to a lower level.** Falls that involve elevation, such as a fall from a roof, ladder or the top of a vehicle, result in some of the most serious workplace injuries.

WHAT CAN I DO TO PREVENT WINTER SLIPS AND FALLS?

Most slip, trip and fall accidents are preventable when you have the right gear, preparation, and training. Along with measures your employer puts in place to keep you safe on the job, there are some extra steps you can take to prevent slips and falls:

- Wear job-appropriate footwear with good traction
- Take short steps and slow your pace to react quickly to surface changes
- Use caution when walking under awnings, buildings and windows where snow and ice have formed
- Watch for slippery floors when entering and walking through building
- Be vigilant and cautious in areas that could have black ice
- Place bevel-edged absorbent mats and umbrella holders by entryways (inside and out)
- Have "wet floor" signs on hand to warn of hazards in reception areas, hallways and stairwells
- Be mindful of safety signage and do not enter blocked-off areas



Reference: Avoid winter workplace slips and falls - MultiCare Vitals

Cold Stress: Protection for Winter Months

The main cold-stress risk factor is extreme cold. Near-freezing temperatures can be considered extreme cold in locations that do not normally experience winter weather. Other factors that increase the risk of cold stress are:

- (1) wetness/dampness, dressing improperly, and exhaustion.
- (2) Predisposing health conditions such as hypertension, hypothyroidism, and diabetes.
- (3) Poor physical conditioning.

Dressing properly is one of the best ways to prevent all types of cold stress. Layering and fabric selection are two important things to remember when dressing for winter weather. When layering, wearing at least three layers of loose-fitting clothing is best practice. The outer layer should be wind and rain resistant to help keep the body warm and dry. Using insulated and waterproof gloves and boots will help to prevent frostbite and waterproof boots will help to prevent trench foot.

Health Tips to Prioritize Over the Holiday Season

The holiday season is filled with delicious more indulgent foods. Also, a period of decreased physical activity. While it's perfectly fine to have your favorite holiday foods in moderation! Incorporating the following tips can help keep you healthy all season long!



Start the day off right with a glass of water!

While we sleep through the night our bodies become dehydrated, making rehydration crucial. Coffee is a natural diuretic, making water the preferred first sip of the day to hydrate your body. Drinking water helps keep our metabolism functioning while also flushing out toxins (aka bad bacteria!).



Did you know only 5-10 minutes of

stretching a day: increases blood flow, relaxes your muscles (especially after sleeping all night or working a physically demanding job), increases motility, improves posture, and helps relieve stress! Start the day off right, after waking up grab a glass of water and start stretching! Focusing on your breath and being present in the moment, as you breathe into each muscle.



Grab the family and go for a group walk!

Make it more fun by setting a time limit, a goal to walk 1-mile in less than 20-minutes!



Keep your meals and snacks balanced. Pair a protein with a carbohydrate source each time you eat. By combining protein and carbohydrates you decrease the spike in blood sugar, changing how our body metabolizes food. For example, if someone brings in donuts at work and you want to have one. Pair the donut with a protein source such as a handful of nuts, a hardboiled egg, or half of a protein bar.

No-bake Protein Bites

These protein bites are delicious enough to satisfy your sweet tooth while also providing your body with energy from a balanced snack. I love to have these bites in-between meals! Ingredients:

- 1-cup old-fashioned rolled oats
- 1/2-cup unsweetened coconut flakes
- 1/2-cup nut or seed butter (I like to use natural peanut butter)
- 1/3-cup honey
- 1-tablespoon chia seeds or swap for 1-tablespoon vanilla protein powder
- Optional: 1/4-cup mini chocolate chips

Directions: Add all ingredients to a bowl and mix well. Once batter is well mixed, form ~1 tablespoon sized bites. Rolling batter between your bands to form a smooth ball shape. Continue till all batter is divided into little bites. Store in fridge, enjoy!

