

# safety **lately**



A monthly newsletter from A&A Elevated Facility Solutions



## Slip resistant shoes

The Occupational Safety and Health Administration, or OSHA, requires employees to wear non-slip shoes (slip-resistant shoes) if they work in an environment where there may be oil, water, grease, or other liquids on the floor. Slips, trips, and falls are the second most common type of fatal work-related injuries and the third most common type of non-fatal work-related injuries in the United States.

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Unlike the typical shoe design, slip-resistant or non-slip shoes are specifically designed to reduce slips, trips, and accidental falls. Their outsoles have grippy treads, keeping you stable on your feet while walking on wet and slippery terrains. By wearing certified slip resistant shoes, you significantly reduce the risk of slipping, falling and sustaining injuries.

### **BENEFITS OF NON-SLIP SHOES**

- Prevent slips and falls on wet surfaces
- Preventions Against Falling Objects
- Offer other features that enhance comfort and safety, such as padded collars or cushioned insoles
- Can be water-resistant
- Feature flat soles with deep treads or an interlocked tread pattern for maximum grip and stability

Your work shoes may significantly impact your foot health. You'll never be aware that something dreadful is about to occur. Your feet will be shielded against potential harm and other hazards of damage. Remember, slip resistant shoes are just one component of preventing slips and falls. It's also

essential to maintain awareness of your surroundings, clean up spills promptly and take precautions in slippery conditions.



<https://northsideusa.com/blogs/news/what-are-non-slip-shoes-overview>

<https://www.cleanlink.com/cp/article/Encourage-Janitors-To-Wear-Slip-resistant-Shoes--21424>

## Women's Health

May is Women's health month, let's take a second to be grateful for all the strong women in our lives. A women's body goes through a lot of phases throughout the life cycle. This month set an intention to put health as our priority. Let's dive into 3-common illnesses that many women face:

### **IRON-DEFICIENCY ANEMIA:**

Due to the nature of a women's body and blood losses that occur during menstruation, women are more susceptible to iron-deficiency anemia. Upping iron intake is an effective way to make sure you are meeting your iron needs.

- Select foods that are naturally high in iron including shellfish, spinach, organ meats, red meat, and legumes.
- Choose foods fortified with iron, including fortified breakfast cereals, pasta, and bread.
- Don't overconsume calcium, while calcium is important for bone health- it's important to consume how much your body needs. As calcium and iron compete for absorption- consuming high amounts of calcium can displace iron (aka iron does not get absorbed). Female adults under 50 years old, need about 1,000mg of calcium/daily. Female adults over 50 years old need about 1,200mg of calcium/daily.

**POLYCYSTIC OVARY SYNDROME (PCOS):**

PCOS is caused by an imbalance of reproductive hormones. A hallmark characteristic of PCOS is insulin resistance- when the body becomes ineffective in utilizing insulin. Due to this woman, that have PCOS are at an increased risk for type 2 diabetes. Managing PCOS symptoms is key to preventing other chronic diseases from developing. Limit weight gain and abdominal adiposity by adopting a healthy lifestyle:

- Prioritize consuming whole foods or refined/highly processed foods.
- Start food combining making sure to consume a carbohydrate and protein during each meal/snack. For example, having an apple with a handful of nuts is an excellent snack that will not result in a spike in blood sugar levels.
- Limit sugary beverages, selecting water and low-fat milk instead.
- Start or maintain a workout routine, getting the body moving and blood flowing helps the body to utilize insulin.

**HEART DISEASE:**

Heart disease is the leading cause of death globally, in adults regardless of gender. Genetics, diet, and lifestyle all play a major role in heart health. While you can't control genetics, you can control your lifestyle. Heart disease tends to become a trifecta of high blood sugar, high blood lipid levels, and overweight/obesity. Leading to a whole host of chronic illnesses. Adopting a heart-healthy lifestyle revolves around these key factors:

- Stop tobacco and/or drug use and overconsumption of alcohol.
- Limit sodium intake.
- Engage in regular and consistent physical activity.
- Increase antioxidant consumption in whole foods especially found in fruits and vegetables.

