

safety lately



A monthly newsletter from A&A Elevated Facility Solutions



Slips, Trips & Falls: Prevention and Awareness

Slips, trips, and falls are one of the leading causes of injury in the janitorial industry.

Whether it's a slick floor, uneven surface, or an unexpected object in the walkway, these incidents can lead to serious injuries including sprains, fractures, and head trauma.

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Prevention and Awareness**
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- **All about Iron**
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The good news is that they are preventable with simple awareness and safety practices.

- Identify high-risk areas such as entryways, kitchens, and restrooms
- Always place wet floor signs immediately when cleaning
- Use caution on stairs and around cords or equipment
- Practice good housekeeping and clear walkways of debris

BUREAU OF LABOR STATISTICS:

Slips, trips, and falls account for 26% of all workplace injuries.

- Over 17,000 janitorial employees are injured annually due to falls
- Fall-related injuries result in over \$10 billion in workers' compensation claims yearly
- Maintain clean and dry floors; mop spills immediately
- Place anti-slip mats in areas prone to moisture
- Use proper ladder techniques and avoid makeshift solutions
- Conduct routine safety inspections and hazard reports
- Wear non-slip, supportive footwear every shoes

Preventing slips, trips, and falls is not just about avoiding injuries—it's about creating a safe, productive environment for everyone.

A single fall can mean weeks of recovery, loss of income, and added burden on coworkers. Stay alert, take precautions, and speak up when you spot a hazard. Your safety is worth the effort!

RAIN WET FLOOR SIGN PROGRAM REMINDER

Sites with non-carpeted lobby entrances must follow our Rain Wet Floor Program during rain or snow:

- Place wet floor signs/cones and floor mats at all entrances during wet weather.
- Signs must be visible to security cameras.
- Remove signs once floors are dry—leaving them out too long causes people to ignore them.
- For floor maintenance (waxing, shampooing, etc.), set up barriers and take photos.
- Email all photos to: aa.sr@aaefs.com
- All slips/falls must be reported immediately.
- Submit an eHub Safety Report and save video footage.

NOTE:

This applies only to locations where A&A maintains the lobby and entrances are not carpeted.



All about Iron

Iron is crucial because the body uses it to make red blood cells (hemoglobin), which carry and supply oxygen throughout the body. Additionally, iron is essential for neurological development, cellular function, and physical growth. Iron is available in two 2-forms: heme iron, which is found in animal-based foods, and nonheme iron, which is found in plant-based foods. Heme iron has a higher bioavailability than nonheme iron, which means iron from animal proteins is absorbed and utilized more efficiently compared to nonheme iron.

NUTRITION FUN FACT #1

Vitamin C improves the absorption of nonheme iron (plant-based food sources). Try pairing a vitamin C-rich food with a nonheme iron-rich food!

Nonheme iron foods: beans, tofu, lentils, nuts & seeds, broccoli, potatoes, mushrooms, spinach, berries, pomegranates, mulberries & dried fruits.

Vitamin C foods: lemon, lime, kiwi, tomatoes, bell peppers, cabbage, papaya, guava, grapefruit & oranges.

NUTRITION FUN FACT #2

Calcium and iron compete for absorption, and calcium usually wins! If you are deficient in iron, make sure to consume calcium within dietary guidelines

(avoid overconsumption of calcium). In addition, if you take an iron and calcium supplement daily, take one in the morning and one in the evening to allow the body time to digest the minerals one at a time.

IT'S WATERMELON REASON, TIME FOR A REFRESHING WATERMELON SMOOTHIE!

Time to pick up a watermelon at the grocery store to make this tasty & refreshing fruit smoothie!

Ingredients:

- 1-cup coconut water
- 1-cup diced watermelon
- ½ cup frozen strawberries
- ½ cup frozen cherries

Place all ingredients in a blender and blend till smooth, enjoy!

