

# SafetySpotlight

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### SafetySpotlight newsletter

## PREVENTING SLIPS AND TRIPS

### Do your part to reduce hazards

Taking a tumble is never fun, especially on the job. When floors are wet or cluttered, accidents are bound to happen. However, you can be proactive to reduce your risk of injury by practicing these safety recommendations:

- Keep floors clean and dry—wet floors are a slip hazard and also promote mold, fungi and bacterial growth, which can cause infection.
- Remove excess clutter from aisles, exits and passageways.
- Avoid running cords down hallways; use ceiling or floor plugs close by instead.
- Wear non-slip footwear to prevent falls on slippery and wet surfaces.
- Use ladders to reach objects up high versus stacking small boxes or using unsteady stools.

You can also prevent injuries by identifying hazards and getting help to fix them. Alert the Human Resources department or a maintenance staff member to correct potential accident sites immediately.

## PROPER LIFTING

### Tips to protect your back

Many workers suffer from lower back pain as a result of improper lifting. In fact, back injuries are the most commonly reported work-related injury. However, by following ergonomic techniques, back pain can be greatly reduced:

- Wear gloves to get a good grip on heavy loads and to prevent hand injuries when lifting rough equipment. Establish solid footing on the ground.
- Use your hands to grip a load and place one foot next to the load and one behind it. Then bend your knees while getting under it. As you raise the load, keep it close to your body.
- Do not twist your torso when carrying loads. Instead, turn your entire body with your feet.
- Before lifting an object, check its weight. Generally, men should not lift anything over 37 pounds and women should not lift anything over 28 pounds.
- Ask for assistance from a co-worker or break down excessively heavy loads into smaller, lighter portions.



## Did You Know?

Though it is an area where many people experience pain, the middle of your back is the least sensitive part of the human body. The hands, lips, face, tongue, fingertips and feet are the most sensitive.