



# SEMPER SAFE



## PREVENT SLIP, TRIP AND FALL INJURIES THIS WINTER

Cold weather brings a number of hazards: slips and falls from wet floors, stairs and ice; frostbite and hypothermia from exposure to extreme temperatures.

Cold weather risks include carbon monoxide from improperly vented heating systems, vehicles and generators; and accidents caused by inattentive driving, bad weather and poor road conditions.

While all of these winter hazards can cause serious injuries, preventing slips and falls is the focus of this article. During the winter months on MCIEAST-MCB Camp Lejeune, a slight rise in slips, trips, and falls injuries occur due to the ice/black ice on the grounds surfaces and stairs. Some even happen inside due to the wet floors from tracked in snow from footwear.

During these cold times, we would like to remind you to take the following precautions to prevent any injuries and protect you.



### Safe walking tips for winter:

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice; try to travel along its grassy edge for traction

### When given no choice but to walk on ice, consider the following:

- Take short steps or shuffle for stability
- Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
- Be prepared to fall
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.
- Use handrails whenever possible.

For additional information or if you feel your office space has a fall hazard, free to contact the MCIEAST-MCB Camp Lejeune Safety Department at (910) 451-5725.

**As Marines, Sailors and Civilian Marines we live by our ethos. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE!**