



## Slips, Trips & Falls

Safety is everyone's responsibility, and when it comes to one of the top culprits of incidents at NDSU, many times the fix is easier than you might think.

Preventing slips, trips and falls comes down to being proactive in our workplace. By taking the initiative to de-clutter and organize our workspace, keep walkways and doorways clear of obstructions, and check for rugs or floor tiles that may result in a trip hazard, we continue to make our campus safe. These quick inspections only take a few minutes out of our day, and prevent countless unwanted injuries.

If you work in an area that may have constantly wet surfaces, use proper

signage to warn others, slow down, take smaller steps, and wear proper footwear. If you come upon a small spill, be proactive and clean it up. Don't rely on the next person to do so, as someone could slip and fall in the mean time.

Stairs can be a huge cause for trips and falls, especially when we are in a hurry. Make sure you give yourself plenty of time to get where you need to go. Take one step at a time, and use the handrails.

With colder weather approaching, remember, we live in North Dakota! Snow and ice are a staple here, and we need to remember that with that first snowfall comes plenty of slippery side-

walks. Proper footwear is a must. Take smaller steps, give yourself plenty of time, and use the side-walks. Shortcuts can lead to injuries.

Finally, remember that all incidents and injuries must be reported to the Safety Office within 24 hours. Incident Reports are available online, and we are always available for your questions or concerns.



## Cold & Flu Prevention

Because germs are everywhere and have the potential to cause infection, everyone must be involved in prevention and participate in containment. There are some things that everyone can do to slow the spread of germs and reduce its impact, whether the viruses involved are seasonal, pandemic flu viruses, or other bacterial resistant infec-

tions. Some of these actions are: cover your mouth and nose while sneezing and coughing; wash your hands with water and ample amounts of soap for at least 15 seconds, dry thoroughly with a disposable towel, and use a towel to turn off the faucet and open the door; stay home if you are feeling sick and avoid close contact with people

who are sick; avoid sharing objects such as utensils, cups, bottles and telephones; and keep your living and work areas clean. Remember, hand washing is the most important means of prevention transmission of infections.

Cough Safe Website:

[www.coughsafe.com/media.html](http://www.coughsafe.com/media.html)

### Halloween Safety Tips:

- *Make sure children wear well-fitting costumes and shoes to prevent trips & falls*
- *Children should carry flashlights to see and be seen*
- *Warn children not to eat candy until an adult has examined for signs of tampering*
- *Purchase or make costumes that are light, bright and clearly visible to motorists*

### Safety Office

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