



The Safety Peak

Denver Federal Safety & Health Council Newsletter

Fourth Quarter 2012

THURSDAY, January 17, 2013

DFSHC Meeting – 1:00 p.m.

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Hosted by

Western Area Power Administration

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Room 225B

Mapped attached

Slips, Trips and Falls

According to OSHA, slips, trips and falls constitute the majority of general industry accidents and result in back injuries, strains and sprains, contusions, and fractures. Additionally, they cause 15 percent of all accidental deaths and are second only to motor vehicles as a cause of fatalities.

Dave Nelson, OSHA Area Director, will be doing a presentation on slips, trip, and falls.

The Executive Committee is soliciting nominations for elections, which will be held at the January 17, 2013 meeting. Please, consider running for chairman, vice-chairman, secretary, or co-chairman from Denver South, Denver North, Denver East, or Denver West.

Hope to see you all there. Please bring your government ID or driver's license to enter government building. My cell number 970-218-8437.

Kathy Patchell
Secretary, DFSHC

New DFSHC web site

<https://www.colorado.feb.gov/index.php?content=65&page=Denver>

Walking Safely on Ice

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that the Safety Department sees — especially during the winter months.

No matter how well the snow and ice is removed from parking lots or sidewalks, pedestrians will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

Reminders

- Wear appropriate shoes.
- Walk in designated walkways.
- Watch where you are walking.
- Walk slowly and **don't rush!** Plan ahead and give yourself enough time.

It is recommended to keep these important safety tips in mind:

Choosing Appropriate Clothing

- During bad weather, avoid boots or shoes with smooth soles and heels, such as plastic and leather soles. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- Wear a heavy, bulky coat that will cushion you if you should fall.
- Wear a bright scarf or hat or reflective gear so drivers can see you.
- Keep warm, but make sure you can hear what's going on around you.
- During the day, wear sunglasses to help you see better and avoid hazards.
- Whatever you wear, make sure it doesn't block your vision or make it hard for you to hear traffic.

Walking Over Ice



Walk like a penguin

CORPORATE SERVICES OFFICE

