WINTER SAFETY TIPS

Wear proper footwear. Wear shoes with heavy treading and a flat bottom that place the entire foot on the surface of the ground.

Wear things that help you see and be seen. Wear sunglasses so you can see. Also, bright and reflect clothing help you be seen by drivers.

Plan ahead. Walk consciously on icy sidewalks and parking lots. Look up to see where the next icy spots are and be aware of any vehicles near you.

Listen. Avoid listening to music or talking on the phone while walking in icy or snowy conditions. Pedestrians need to be able to hear approaching traffic or other noises.

Anticipate ice. What appears to be wet pavement may be black ice, so approach it with caution. Ice will often appear in the mornings, so be more aware in the early hours.

Take steps slowly. When walking down steps, take them slowly and deliberately. Plant your feet securely on each step and be sure to have a firm grip on the handrail.

Enter buildings slowly. The floors of buildings may be covered in melted snow and ice, so check the entrance and try to step on any rugs in the doorways.

Avoid shortcuts. A shortcut path may be dangerous because it is less likely that snow and ice removal occurred.

Look up. Be aware of what you’re walking under. Falling snow and ice can cause injuries.
Walk Like A Penguin
Reduce stress on your \( \heartsuit \) by avoiding winter falls

**Walk Like a Penguin**

*You don’t see penguins slip and fall on ice.*

Know why?

- They walk flat footed.
- They take shorter steps.
- They concentrate on maintaining balance.
- They keep their head up and don’t lean forward.

\( \heartsuit \) Do the penguin shuffle.

*Penguins don’t wear high heels.*

Should you?

Make the smart choice this winter—Wear sensible footwear.

- Slick soles and high heels are dangerous on ice and snow.
- Flat, rubber soles have far better traction.
- Sensible footwear is good.
- Slipping and falling is bad.

**Carry only what you can SAFELY.**

Gravity always wins.
Don’t overdo it.

- Don’t carry loads that block your vision.
- Avoid inclines and difficult terrain.
- Always, always use the handrail on stairways.
Additional Tips:

- 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.
- Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.
- Watch where you are stepping, go S-L-O-W-L-Y. This will help your reaction time to changes in traction.
- Use special care when entering and exiting vehicles; use the vehicle for support.
Community Injury Prevention

**Women’s Expo**
- Fall Prevention
  - Step Stool Examples
  - Fall Risk Assessment from CDC
- Car Seat demonstration (grandparents)
- Look before you Lock (teddy bear in front seat)
- Period of Purple Crying
Fall Risk Assessment

Stay Independent
Falls are the main reason why older people lose their independence.

Are you at risk?

Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.

For more information on fall prevention, please visit:
www.cdc.gov/injury
www.stopfalls.org

This brochure was produced in collaboration with the following organizations:
- VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence
- Centers for Disease Control and Prevention
- National Center for Injury Prevention and Control

2014
Community Injury Prevention

- **Believe Fest (school supply distribution)**
  - Outlet Covers
  - Safety Plinko

- **Halloween Safety Stop**
  - Flashing button for trick/treat

- **National Night Out**
  - Safety Plinko
  - Hands only CPR
Community Injury Prevention

Blog + Newsletter + Social Media + Bulletin Boards

◆ Summer safety topics
  ❖ Skin
  ❖ Insect
  ❖ Fireworks

◆ Food safety

◆ Sports Injuries

◆ Exercising/hydration

◆ Hunting safety

◆ Concussion

◆ Farm/Harvest safety
Are You at Risk??

Shift work—any shift outside of normal daylight hours, such as night shift, evening shift or rotating shift are at a higher risk.

Sleeping less than 7 hours per night is linked to increased risk of chronic diseases such as diabetes, high blood pressure, stroke, heart disease, obesity, poor mental health, as well as early death.

35% of U.S. adults do not get enough sleep.

Not getting enough sleep can lead to poor decisions and increases the chances of motor vehicle crashes.
Harvest & Gun Safety
Elevator Signs

It's Not Fine Til They're 4'9"

If your child is under 4'9", they will need to use a booster seat.

There are four types of booster seats to choose from. The most important thing to remember is:

1. Booster Seat with High Back
   - This booster seat is designed to boost the child's height so the seat belt fits properly. It also provides neck and head support and is ideal for vehicles that don't have head rests or high seat backs.

2. Backless Booster Seat
   - A backless booster seat is designed to boost the child's height so the seat belt fits properly. It does not provide head and neck support. It is ideal for vehicles that don't have head rests.

3. Combination Seat
   - As a child grows, this seat can transition from a rear-facing seat with a harness into a booster.

4. All-in-One Seat
   - This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.

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