



SAFETY: it takes all of us

CAUTION



**CAUTION
Wet Floor**



SLIPS, TRIPS AND FALLS: A STEP IN THE RIGHT DIRECTION

First Aid Tips

If you find or witness a victim who has slipped, tripped or fallen:

- Call 911 for large bone fractures or any dislocation.
- Do not move the victim. Allow him to support the injured area but not to move it.
- Put a plastic bag containing ice and water on the injured area. Put a barrier such as a cloth between the plastic bag and the skin. Apply the cold for 20 minutes and then remove it for 30 minutes. Repeat the process until emergency assistance arrives.
- Wrap an arm or leg injury in an elastic bandage. The bandage can be placed over the ice-water bag.
- Elevate the injured body part if it does not cause pain.

Get certified through NSC

NSC provides CPR & AED training through both classroom and online courses. Find a training location near you, or view a demonstration of NSC online training at nsc.org/onlinetraining.

Mind Your P's and Q's

Walking surfaces can be unpredictable. Whether it's a change in elevation or brutal weather, always be proactive in preventing slips, trips and falls:

- Wear appropriate shoes for the task at hand
- When getting out of a vehicle, create points of contact by holding onto the door, roof or assist handle
- In inclement weather, wipe shoes well on rugs when entering buildings to prevent tracking in water, snow and salt
- Avoid distracted walking and remain alert for any surface changes (i.e. tile to carpet or heightened sidewalk blocks)
- Six out of 10 falls happen at home – adding handrails, maintaining good housekeeping and cleaning spills will help minimize risk
- Follow basic safety rules when using ladders: check its condition before use and maintain 3 points contact on the ladder at all times

A Strong Core: Restoring your Balance

Even though some risks are beyond our control, there are many simple steps you can take to prevent injury. Located in the center of your body, the core muscles are a linchpin in everything the top and bottom of your body does. When these muscles are weak, it can lead to instability, pain and, ultimately, a higher chance of slips, trips and falls. Doing these exercises can help strengthen your core, lower your chances of debilitating falls and restore balance back into your body:

- **Forearm Plank:** Start by lying on your stomach with your elbows underneath your shoulders. Lift your body up so that your toes and forearms are your points of contact with the floor, and that your back is flat. Hold this position for 30 seconds at a time; repeat five times.
- **Bridge:** Start position: Lie on your back with your feet hip-width apart on a mat or a flat, level surface. As you inhale, press down with your heels and forearms and raise your pelvis off the floor. Keeping a steady breath, hold for 30 seconds. Repeat up to three times.
- **Side Plank:** Get into the same position as your forearm plank. Roll onto your right forearm and extend yourself up with the opposite arm in the air. Be sure to keep your hip off the ground. Hold for 30 seconds and repeat on the other side.

Green Cross Tip

Yoga and pilates are two popular methods of exercise that incorporate these core exercises. Find a class near you!

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SAFETY
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National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG