



## Preventing Slips and Trips During Springtime

While spring is often associated with fresh blooms and warmer temperatures, it may also bring rain showers.

This type of weather can create wet and slippery conditions, posing various safety risks. In particular, rainy conditions could increase the likelihood of slips and trips, both outdoors and indoors. These incidents could result in serious ailments, including strains, sprains, broken bones, and even head and spinal cord injuries.

As such, it's important for employees like you to be aware of these risks and take steps to protect yourself on the job, thus promoting a safe workplace and preventing potential injuries. Here are some best practices to help minimize slips and trips during springtime:

- **Wear the right shoes.** First and foremost, it's critical to select safe footwear for rainy conditions. Be sure to wear nonslip boots or tennis shoes with proper traction in wet conditions.
- **Follow designated paths.** Always utilize labeled walkways and pedestrian paths in the workplace. These areas are specifically designed for the safe passage of foot traffic.
- **Be cautious.** Even if you are under time constraints or dealing with a particularly heavy workload, try to avoid rushing. Walk at a safe and steady pace, and remain alert for any hazards in the path ahead. Never multitask while walking, no matter how short your journey is. When walking on ramps or stairways, use any available handrails.

- **Don't create puddles.** When you first enter the workplace after walking in wet conditions, your shoes—and raincoat and umbrella, if you use them—could easily carry water inside, even if you were only outdoors for a brief period. This could create puddles that others may slip and trip on. With this in mind, remember to wipe your shoes on the entrance mat or with a clean towel upon entering the workplace, and store your coat and umbrella away from any walkways. Further, encourage others to do the same. If you notice a puddle at any time, alert your supervisor and clean it up as quickly as possible.
- **Watch for unaddressed hazards.** In addition to looking for puddles, make sure to watch for any other unaddressed slip and trip hazards on the job. If you notice any issues, don't hesitate to report them.

For additional spring safety guidance, speak to your supervisor.

## Ensuring Eye Safety at Work

Every year, eye health and safety organization Prevent Blindness recognizes March as Workplace Eye Wellness Month. This annual campaign is intended to raise awareness of potential eye hazards in the workplace and encourage employees to take their eye health seriously.

**According to Prevent Blindness, thousands of eye injuries occur in the workplace every day. Nevertheless, 90% of these injuries could be prevented by taking proper safety precautions.**

Throughout this month-long observance (and every month), it's imperative to be aware of common occupational eye hazards and safety measures that can help minimize related injuries.

### Top Causes of Eye Injuries

Workplace eye injuries can result from a variety of causes, including the following:

- Flying debris
- Fallen objects
- Excessive screen use
- Equipment- and tool-related incidents
- Chemical splashes
- Harmful radiation

Occupational eye injuries can vary in nature. They may involve blunt force trauma, such as a black eye, or penetrating trauma, such as a corneal abrasion. They may also entail chemical burns, digital eye strain or retinal disorders. In any case, these conditions could carry severe consequences. Some injuries may even have lasting impacts, causing permanent pain or vision loss.

### Protection Against Eye Injuries

To protect your eyes from injuries on the job, consider these recommendations:

- Identify and do what you can to mitigate possible eye hazards in the workplace before beginning your tasks for the day.
- Select safety glasses or goggles that are appropriate for the job at hand and fit your unique facial features. Your safety eyewear should rest firmly on the top of your nose and close to, but not against, your face.
- Utilize safety eyewear that is properly ventilated for the work you are performing. Unless you are working near chemical splash hazards, use safety glasses or goggles with plenty of side ventilation.
- Don't use safety eyewear that gets foggy. If your safety glasses or goggles fog easily, try another model with additional ventilation or coat them with an antifog liquid.
- Keep your safety eyewear clean. Scratches and dirt can reduce your vision and cause glare, potentially contributing to accidents and injuries.
- Note that if you wear prescription glasses, it's crucial to select safety eyewear designed to fit over them or use eyewear made with your prescription.
- Know how to respond to an eye injury. If you or a co-worker gets hurt on the job, report it promptly and seek medical attention.

Reach out to your supervisor if you have any further questions about ensuring eye safety in the workplace.