S.T.E.P.S.

To Prevent Injuries This Winter

Snowstorms and icy roads are dangerous, but did you know that you're far more likely to get injured in a slip, trip or fall this winter? The good news is these injuries are almost always preventable. By practicing these good injury prevention habits, you can save a lot of time, money and pain (literally!) for years to come.



STAY IN CONTROL

Most injuries are caused by rushing and distraction, and winter weather increases the risk. Staying in control means staying focused and taking time to complete a task safely.







samba**safety**

In 2016, there were 20,520 workplace injuries involving slips and falls on ice, sleet or snow that required at least one day's recovery away from work.

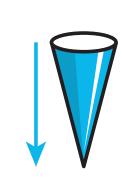


TAKE CARE AND LOOK

Stay alert to stay safe. Proactively look out for winter hazards like icy patches, slippery tiles and falling icicles.







A half-pound icicle with a 3-inch diameter can fall at a rate of 80mph and hit with 1,000 pounds of deadly force.

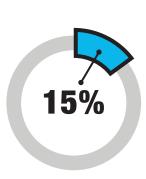


ENSURE A GOOD GRIP

Whether lifting a package, climbing a ladder or exiting a vehicle, maintaining a good grip with both hands will help prevent falls and dropped cargo.







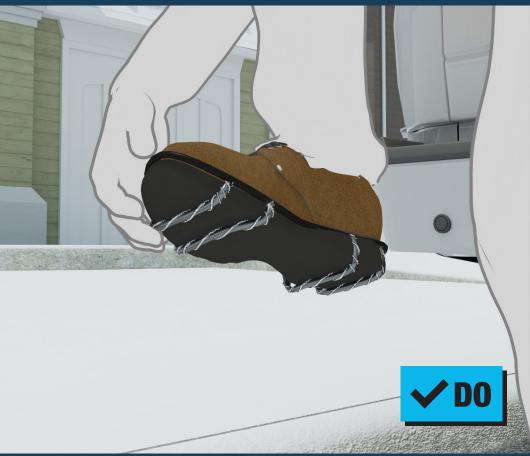
Slips, trips and falls cause 15% of all accidental deaths each year.



PLAN FOR SUCCESS

Simple steps like checking the weather each morning, walking a delivery path in advance and wearing weather-appropriate clothing and shoes with good traction can help you plan for success and prevent injuries.







About 8 percent of winter slips, trips and falls occur indoors, where ice and snow have been tracked in from outside.

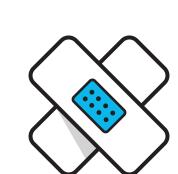


STRAINS MEAN PAIN

If an activity causes strain on the joints or muscles, it's more likely to lead to injury. If you can, try to warm up first!







Cold muscles are more susceptible to injury than warmed up muscles.

To ensure both you and your vehicle are prepared to navigate the hazardous roads this winter, download our free *Winter Safety Pre-Trip Checklist*.

GET YOUR CHECKLIST

CONTACT US TODAY: SambaSafety.com

