



Employee Protection Process/Safety

Work, Play and Stay Safe!

It's that time of year again when I offer friendly suggestions to help get us through the season safely. Do you remember what to do should you experience an unexpected **sudden body reaction**?

If you have one of these moments, and I'm sure we all will sometime this winter (slip on some ice or wet leaves, miss a step, etc.), **engage your core muscles** to help prevent a back injury.

Remember:

- Use the **Life Line Grip** when descending stairs.
- Maintain **three points of contact** while entering and exiting vehicles.
- Stay on **cleared paths** (don't use parking meters as walking sticks!).
- **Point your toe and go** when shoveling snow.
- **Keep work areas free from clutter.**
- **Inform others** of possible hazards (talk to your EPP representative).
- **Engage your core muscles** when lifting, pulling or pushing!
- Set your stepladder diagonally along its **line of strength** when clearing gutters, stringing and removing lights and decorations.
- **Get Help, Not Hurt!**

Stay aware of your surroundings/situation as you work and play. Ask yourself:
Is this safe? Could I get hurt? Is there a better way or tool?

Use the EPP principles at home and work. Share these techniques with your families and friends and it might keep them from injury as well!

Wishing you and yours a happy and safe season!

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