According to OSHA, slips, trips and falls cause 15 percent of all accidental deaths, second only to motor vehicles. Slips, trips, and falls are the leading cause of occupational injuries at Purdue University. Wintertime in Indiana brings snow and ice that create special slip and fall hazards. Just like winter driving, winter walking requires anticipation of the surface conditions. Here are some tips on how to protect yourself from winter related slip and fall injuries:

- Be prepared for snow and icy conditions.
- Select appropriate footwear. Shoes with soft rubber soles and deep treads have the best grip.
- Plan your route and choose your path to avoid icy conditions. Follow sanded or treated paths and avoid cutting the corner in untreated areas.
- Take advantage of protected routes such as tunnels, even if takes a little longer.
- Slow down. Avoid the temptation to run to catch a bus or beat traffic when crossing a street. Allow extra time to get to your destination.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction.
- Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.

If you do fall, please follow these guidelines:

- Seek medical treatment if you experience pain or discomfort.
- Call 911 for medical transport if needed.

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Report all injuries to your supervisor. Be sure you and your supervisor complete a First Report of Injury available on the REM website: http://www.purdue.edu/rem or call 49-46371.

Employees who fall at work may be covered under Purdue’s workers compensation insurance, even when in the parking lot just before or after work.

You can help minimize the number of slip, trip, and fall injuries at Purdue!

- REPORT HAZARDOUS GROUND or FLOOR CONDITIONS.
- Call 49-43087 to report the exact location inside or outside of any building on the Purdue campus that may cause a slip, trip, or fall.
- Inside the DLR building contact Eric Ridgley, the building deputy, at 49-61151.

Did you know that surface conditions are the biggest contributing factor to slip, trip, and fall injuries? A slight difference on walking surfaces, even as minor as 3/8 inch, may create a trip and/or fall hazard.

Lab Corner

Safety training is mandatory for all users of the DLRC Science and Project laboratories. But who needs to be trained and for what kinds of activities? At a minimum, the project lead or designate who supervises activities in the DLRC laboratories must have safety training. If the activities involve manipulations of laboratory chemicals, the supervisor should have Chemical Hygiene Plan (CHP) training. CHP training covers many different hazard types in comprehensive detail. Online CHP training is available through the Chemistry department. If your activities involve power tool use or household or industrial-type chemicals, the supervisor should have Hazard Communication Program (HCP) training. HCP training is available online from the DLRC. If you will be doing anything in the lab involving any type of laboratory hazard, Personal Protective Equipment (PPE) training is necessary in addition to CHP or HCP training. PPE training is available face-to-face with the DLRC Lab Manager.

For most K-12 activities, HCP and PPE training are sufficient. On the other hand, if your activity or class is targeted for higher education, you most likely will need CHP instead of HCP training. Debbie Steffen, the DLRC Laboratory Manager, can help determine what kind of training you need.

Contact: Debbie Steffen, dmsteffen@purdue.edu, 44462

The DLRC Safety Committee welcomes your ideas for future issues of the DSS. Contact us by email: learningcenter@purdue.edu. This newsletter is published quarterly.