



February is Personal Injury Prevention

Slips, trips and falls account for about 34% of all Army Mishaps. A majority of these mishaps involve rushing, failure to properly plan, not wearing appropriate protective equipment, failure to pay attention, and horseplay.

SAFETY ALERT: WATCH THIS

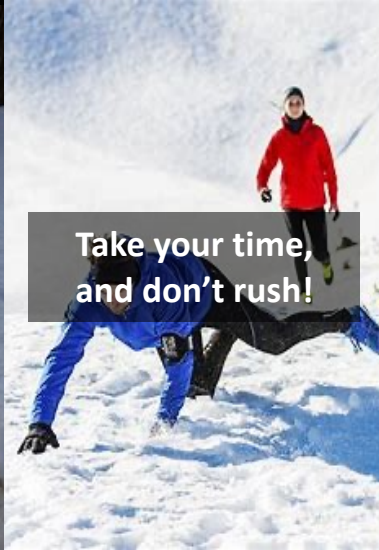


Click the icon to watch the video, or go to: <https://safety.army.mil/MEDIA/Video-Library/Video-Player/VideoId/84/winter-safety-slips-trips-and-falls>

Personal Injury Winter Hazards & Mitigations



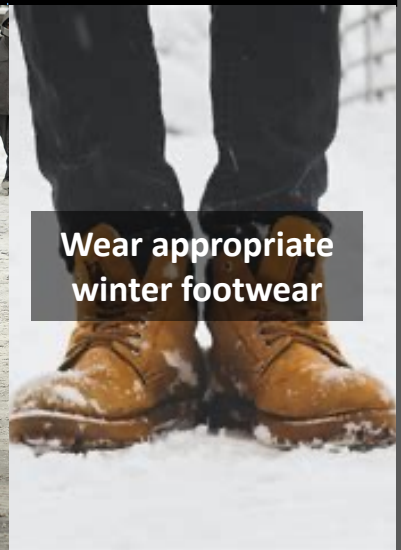
Utilize Designate Walk Areas



Take your time, and don't rush!



Keep both hands free for balance



Wear appropriate winter footwear

Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

Safety Joke of the Month

Although they say, "safety is no laughing matter," with effective control measures implemented – it can be!

A safety professional never trips, they only conduct random gravity checks!

If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil

Physical Fitness Training



Use indoor facilities during inclement weather



Maintain proper hydration to avoid cramps & loss of balance



Wear appropriate clothing and sneakers



Avoid roadways and utilize designated running routes

Winter Work Place Safety



Reduce Wet or Slippery Floors & Surfaces



Maintain Proper Lighting for personnel to walk or work



Avoid creating obstacles in aisles and walkways



Control individual behavior, and avoid horseplay

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