

# CMMHC WELLNESS BULLETIN

February 2018

## *Slips, Trips and Falls*

According to the National Safety Council, Falls are the third leading cause of unintentional death in the U.S., accounting for nearly 32,000 deaths in 2014, according to Injury Facts 2016<sup>®</sup>. The risk of falling rises with age.

In homes and communities, more than 31,000 people died in 2014. In the workplace, nearly 600 people died and 47,000 were injured in 2013.

There are a variety of circumstances that can cause a slip, trip or fall. Occupational Safety and Health Administration have identified some common causes for each of these areas.

### Causes of Slips:

- Wet product or spills on smooth floors or walking surfaces
- Dry product or spills making walking surface slippery
- Transition from one surface to another (i.e. carpeted to vinyl or Grid to smooth concrete)
- Freshly-waxed surfaces
- Sloped walking surfaces
- Loose, unanchored rugs or mats
- Wet, muddy or greasy shoes

### Causes of Trips:

- Uncovered hoses, cables, wires or extension cords across aisles or walkways
- Clutter, obstacles in aisles, walkway and work areas

- Open cabinet, file or desk drawers & doors
- Changes in elevation or levels (i.e. Unmarked steps or ramps)
- Rumpled or rolled-up carpets/mats or carpets with curled edges
- Irregularities in walking surfaces

### Common Locations for Falls

- Doorways
- Ramps
- Cluttered hallways
- Areas with heavy traffic
- Uneven surfaces
- Areas prone to wetness or spills
- Unguarded heights
- Unstable work surfaces
- Ladders
- Stairs

### *Resources:*

*Slips, Trips and Falls; [http://www.nsc.org/NSCDocuments\\_Advocacy/Fact%20Sheets/Slips-Trips-and-Falls.pdf](http://www.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Slips-Trips-and-Falls.pdf)*

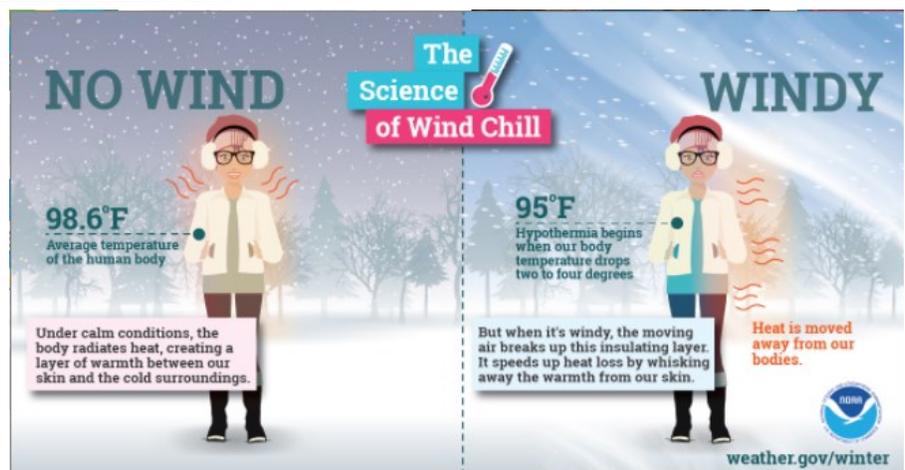
*Slips, Trips & Falls Identification & Prevention; [https://www.osha.gov/dte/grant\\_materials/fy07/sh-16625-07/slipstripsfalls.ppt](https://www.osha.gov/dte/grant_materials/fy07/sh-16625-07/slipstripsfalls.ppt)*



## Cold Weather Safety

Extremely cold air comes every winter in at least part of the country and affects millions of people across the United States. The arctic air, together with brisk winds, can lead to dangerously cold wind chill values. People exposed to extreme cold are susceptible to frostbite in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia is another threat during extreme cold. Hypothermia occurs when the body loses heat faster than it can produce. Below are some images with additional information from weather.gov.

Resource: <http://www.weather.gov/>



## Top Ten Red Cross Cold Weather Safety Tips

As temperatures drop this winter, the American Red Cross offers ten steps people can take to stay safe during the cold weather.

- 1. Layer up!** Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- 2. Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- 3. Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
- 4. Requires supervision** – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- 5. Don't catch fire!** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- 6. Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
- 7. Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
- 8. The kitchen is for cooking.** Never use a stove or oven to heat your home.
- 9. Use generators outside.** Never operate a generator inside the home, including in the basement or garage.
- 10. Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

Resource: <http://www.redcross.org/news/article/Top-Ten-Red-Cross-Cold-Weather-Safety-Tips>

## Preventing the Flu: Good Health Habits can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Resource: <https://www.cdc.gov/flu/protect/habits.htm>

## Heart Healthy Recipe: Avocado Blueberry—AVO-Berry Muffins

Source: <https://recipes.heart.org/recipes/2161/avocado-blueberry-avo-berry-muffins>

### Ingredients:

Cooking Spray (optional)

1 medium avocado (halved, pitted, mashed with a fork)

1/2 cup sugar

1/2 cup fat-free milk

2 large eggs

1 teaspoon vanilla extract

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon ground ginger

1/16 teaspoon salt

2 cups blueberries (you can substitute raspberries or strawberries for the blueberries)



### Directions:

1. Preheat the oven to 375 F. Lightly spray a standard 12-cup muffin pan with cooking spray or line it with paper bake cups
2. In a large bowl, stir together the avocado, sugar, milk, eggs, and vanilla
3. In a medium bowl, stir together the flour, baking powder, ginger, and salt.
4. In two or three batches, stir the flour mixture into the avocado mixture until just combined but no flour is visible; don't overmix. Gently fold in the blueberries. Spoon the batter into the muffin cups.
5. Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean and the muffins are golden brown, turn the pan once after 15 minutes of baking time.
6. Transfer the pan to a cooling rack. Let stand for 5 minutes.



### **CMMHC's Wellness Committee Mission Statement:**

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

*Brought to you by your*

### Central Minnesota Mental Health Center Wellness Committee

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Central Minnesota Mental Health Center

*Together, Creating a Healthier Life*