

# SAFETY FOCUSED

Presented by

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## Don't Let Winter Weather Cause Slips, Trips and Falls

Slips, trips and falls accounted for 31 per cent of workplace injuries among UK employees in the past year, according to HSE [statistics](#). And although such incidents can happen year-round, winter weather conditions can increase the risk.

Despite best efforts to keep the workplace safe, rain, snow and ice can create hazardous conditions, not just in outdoor areas, but also indoors. Here are some simple tips to avoid slips, trips and falls during wintery conditions:

- When you enter a building, use provided rugs and mats to dry your footwear.
- When walking, pay attention to where you are going and have your hands available to steady yourself if you slip. Avoid carrying heavy loads that may affect your balance.
- If you notice hazardous areas, mark them with temporary signs or inform cleaning staff.
- Wear footwear with heavy treads for increased traction if you work outside.
- Don't rush. Give yourself sufficient time to get where you need to be.
- Step, don't jump, from vehicles.
- Use handrails wherever they are provided so you can prevent yourself from falling if you slip.

If you do slip and fall, make it easy for people to assist you. That means making yourself easily accessible and visible. For example, wear a brightly coloured jacket if your job requires you to work outdoors.



**Slips, trips and falls were the most common cause of workplace injury in the past year.**

Source: HSE

## Workplace Burns and How to Treat Them

Any employee who comes in contact with hot surfaces or electrical equipment is at risk of suffering from workplace burns. However, those who are exposed to hot liquids or steam on a regular basis are more likely to experience scalding, which involves contact with water temperatures above 44C.

It is important to treat scalds as soon as possible to prevent infection. Proper treatment depends on whether the burn is major or minor. Minor burns can be first-degree or second-degree and are smaller than 5-8 centimetres. They may blister or have swelling.

Consider the following guidance for treating scalds:

- Cool the burn with running, cool water (not cold) for at least five minutes. Don't use ice, which can cause further damage.
- Remove all jewellery and clothing near the burnt area.
- Cover the burn with a sterile bandage or cloth, wrapping it loosely to avoid putting too much pressure on burnt tissue.
- Leave blisters intact; do not break them.
- Avoid using home remedies like butter or ointments, which can trap the heat in the tissue and worsen the burn.
- Be sure that any precautions taken do not introduce additional risks, such as those from [Legionella bacteria](#).

If a burn is larger than 5-8 centimetres or covers major joints or functional body parts, seek immediate medical attention to have the burn evaluated. Failure to seek medical treatment could result in permanent loss of function or disfigurement.



## WHAT ARE THE DIFFERENT TYPES OF BURNS?



**First-degree burns** cause minor skin damage to the outermost layer of the skin (epidermis), resulting in pain and redness.



**Second-degree burns** damage both the epidermis and the lower layer (dermis), resulting in pain, redness, swelling and blistering.



**Third-degree burns** affect the layers of skin as well as deeper tissues, resulting in white or blackened skin, possible numbness and even shock.