



Name: _____ Company: _____

Seasonal Autumn Exposures

- Slips, Trips and Falls and Lifting and Back Safety are very common exposures this time of year.
- Be prepared for changes in the environment to help prevent workplace injuries.
- Changes in weather can mean changes in necessary PPE, work clothes, and job tasks.
- Gather any items you will need ahead of time to reduce potential exposures and discomfort from upcoming weather shifts.



Slips, Trips, and Falls

- Watch for fallen leaves covering holes in the ground and causing walkways to become slick.
- Utilize visual signs to warn employees of slippery walking areas.
- Clear walkways frequently to reduce buildup of leaves and moisture on walking surfaces.
- Indoor and outdoor walking surfaces can become slick from rain.
- Use mats at entrances to absorb rain water as people enter buildings and place wet floor signs to alert employees of slippery floors.

Lifting and Back Safety

- Repetitive tasks such as raking and bagging leaves can lead to muscle strain and sprain.
- Avoid twisting and extended reaching motions to protect your back and body from injury.
- Avoid overfilling bags of outdoor waste to reduce the weight of each load. Mulch, damp leaves and other outdoor waste can quickly accumulate a lot of weight.
- Keep the back straight when lifting objects to collect or discard.
- Use team lifts to move objects over 50 lbs or if you cannot perform a solo lift with your spine straight.

TRUE OR FALSE:

1. Indoor and outdoor walking surfaces do not become slick from rain.
2. Keep the back straight when lifting objects.