

GENERAL MEMBERSHIP MEETING

Wednesday, January 21, 2009, 11:30 a.m. - 1:00 p.m., **Golden Corral (3251 32nd Ave S, GF)**
 - Networking/Round Table - "Brainstorming for GM Meetings and Annual Seminar Topics for 2009"

Be SAFE on ICE

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling. Slips and falls are some of the most frequent types of injuries that IWIF sees – especially during the winter months.

No matter how well the snow and ice is removed from parking lots or sidewalks, your employees will still encounter some slippery surfaces when walking outdoors in the winter. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

IWIF recommends keeping these important safety tips in mind:

* In cold temperatures, approach with caution and **assume that all wet, dark areas on pavements are slippery and icy.**

* During bad weather, avoid boots or shoes with smooth soles and heels. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.

* Use special care when entering and exiting vehicles; use the vehicle for support.

* Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.

Walking Safely Like a Penguin in a Winter Workplace Wonderland

[Information found at www.iwif.com] – They have a great information sheet to print off and post at your worksite! **Check it out!!!**

* **Point your feet out slightly like a penguin!** Spreading your feet out slightly while walking on ice increases your center of gravity.

* Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.

* Extend your arms out to your sides to maintain balance.

* **Keep your hands out of your pockets.** Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.

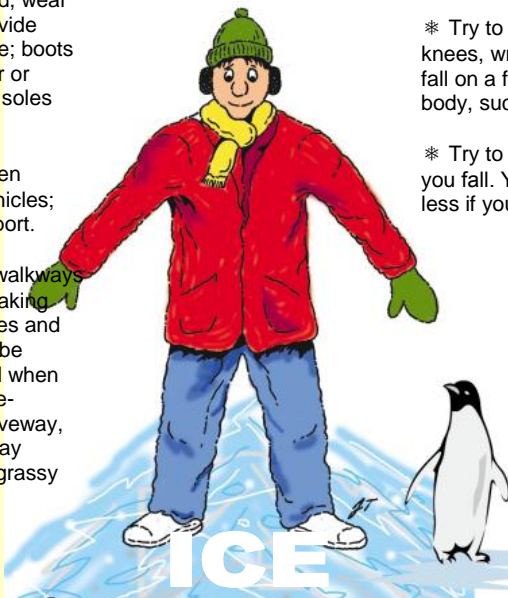
* Watch where you are stepping and ... **GO S-L-O-W-L-Y!!**

* Take short steps or shuffle for stability.

* Wear a heavy, bulky coat that will cushion you if you should fall.

* Try to avoid landing on your knees, wrists, or spine. Try to fall on a fleshy part of your body, such as your side.

* Try to relax your muscles if you fall. You'll injure yourself less if you are relaxed.



I think he's got it!

Do the Penguin Shuffle

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00–8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH

NEXT MEETING → February 5th

2009 BOARD MEMBERS

Carol Gierszewski (PRESIDENT)
City of Grand Forks

Steve Harken (VICE-PRESIDENT)
UND – EERC

Tim Bailly (TREASURER)
Cirrus Design

Tracy Cameron (SECRETARY)
RiverView Healthcare Association

Todd Brady
Marvin Windows

Wayne DeVoe
Workforce Safety & Insurance

Robert Hewitt
Altru Health System – Safety Dept.

Cedric Masa
Aurora Urgent Care – Occ/Med

Eric Pearson
University of North Dakota

Annette Shane
Grand Forks Park District

Joe Strang
Valley Dairy Car Wash

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Visit us at www.nosha.net for the latest updates and announcements!

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **February 18, 2009**
- "Blood Pressure – New guidelines, factors that contribute to hypertension, how to treat it and how to live with it", Dr. Matthew Viscito, Family Physician, Family Med. Assoc., Aurora Medical Park
- **March 18, 2009**
- TBD

Membership Committee

(Davis Hoverson)

★ 60+ MEMBERS STRONG...and GROWING!

Happy New Year!

PO Box 14663, Grand Forks, ND 58208-4663 • www.nosha.net • info@nosha.net

SAFETY DOESN'T HAPPEN BY ACCIDENT.