

# Take 5 for Safety



## Slips, Trips and Falls

As temperatures drop and we get more snow, ice and rain, the number of injuries due to slips, trips and falls can increase.

Injuries can result in bruises and abrasions, broken limbs, cracked ribs, or serious back and head injuries, often resulting in time off work. But it doesn't take record-breaking snowfalls, ice storms or heavy rain to cause slips and trips.

According to the Occupational Safety and Health Administration, slips, trips, and falls cause 15 percent of all accidental fatalities and are a major cause of lost-time accidents. During the winter months this is a real concern as we encounter the buildup of ice or snow onto sidewalks, walking paths, stairs, and parking lots.

During most of the year, while much attention is given to prevent workers falling from heights, the reality is that anyone can slip, trip and possibly fall on level ground. And winter's wet and icy conditions make the likelihood even greater.

Slips, trips and falls are preventable and by taking a few moments and thinking about and observing your current situation, following/using the hierarchy of controls and using PPE we can stay safe.

### Prevention

- Wear Proper Foot Gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance



rather than in your pockets

- Use handrails from start to finish
- Avoid carrying loads
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step-don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials

### Safe Winter Walking

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice; try to travel along its grassy edge for traction

### When given no choice but to walk on ice, consider the following:

- Take short steps or shuffle for stability
- Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
- Be prepared to fall
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
- Toss the load you are carrying. Protect yourself instead of the objects being carried. When entering buildings, remove snow and water from footwear to prevent wet slippery conditions indoors.

# Take 5 for Safety



## Preventing Occupational Exposure to Fentanyl in Park Settings

Personnel who could potentially be exposed to illicit fentanyl include park aides, rangers, maintenance staff, volunteers, park hosts, or even visitors. Potential exposure locations could be public spaces like restrooms, or other areas where the public has access to at the park.

Potential exposure routes for employees of greatest concern include inhalation of powders or aerosols, mucous membrane contact, ingestion, or exposure secondary to a break in the skin (for example a needlestick). Any of these exposure routes can potentially result in a variety of symptoms that can include the onset of life-threatening respiratory issues.

If you encounter and suspect that a powder or liquid may be contaminated with fentanyl,

**NOTIFY YOUR SUPERVISOR IMMEDIATELY.**

### Protecting Yourself

- Wear gloves when the presence of fentanyl is suspected, such as powder-free nitrile gloves.
- Wear face and eye protection that may include goggles or a face shield.
- **AVOID actions that may cause powder to become airborne.**
- Use a properly fitted, NIOSH-approved respirator (“mask”), such as a N100, R100, or P100 disposable filtering facepiece respirator.
- Minimize wrist and arm contact by protecting them with sleeves.



### If Exposure Occurs

- **Notify your supervisor immediately.**
- Do not touch your eyes, nose, mouth or any skin after touching any potentially contaminated surface.
- Wash skin thoroughly with cool soap and water, if available. **DO NOT** use hand sanitizers as they may enhance absorption.
- Wash your hands thoroughly after the incident and before eating, drinking, smoking, or using the restroom.



### Decontamination

Surfaces suspected or known to be contaminated that are able to be cleaned (such as hard, non-porous surfaces) should first be washed with soap and water and followed up with a disinfectant, such as bleach.

**Any activity which could result in making an unknown contaminant airborne (such as dry sweeping or vacuuming with a standard vacuum) should not be performed.** A high-efficiency particulate air (HEPA) filter vacuum should be used when sweeping or vacuuming is required.

### Training

Personnel who perform jobs where illicit fentanyl is reasonably anticipated to be present should receive training using this Take 5 in how to conduct a risk assessment and demonstrate an understanding of the following elements.

- Instructions on contacting their supervisor.
- How to recognize the signs of opioid exposure on surfaces.
- Potential exposure routes for illicit fentanyl.
- When to use PPE; what PPE is necessary; how to properly put on, use, take off, and dispose of the PPE.

# Take 5 for Safety



## Tick and Lyme Prevention

### What is Lyme Disease?

Lyme disease is an inflammatory disease characterized at first by rash, headache, fever, and chills, and later by possible arthritis and neurological and cardiac disorders, caused by bacteria transmitted by the deer tick (*Ixodes scapularis*).

Lyme disease can affect people of any age. People who spend time in grassy and wooded environments are at an increased risk of exposure. The chances of being bitten by a deer tick are greater during times of the year when ticks are most active. Young deer ticks, called nymphs, are active from mid-May to mid-August and are about the size of poppy seeds. Adult ticks, which are approximately the size of sesame seeds, are most active from March to mid-May and from mid-August to November. Both nymphs and adults can transmit

Lyme disease infected deer ticks can be found throughout the United States, while the areas found in Washington are mainly in Central and Eastern Washington. While the ticks found in these areas aren't likely to cause Lyme disease, health officials still urge caution to avoid other illnesses and complications associated with bites.

### How is Lyme Disease Transmitted?

Lyme disease does not spread from one person to another. Not all deer ticks are infected with the bacteria that cause Lyme disease. Ticks can become infected if they feed on small animals that are infected. The disease can be spread when an infected tick bites a person and stays attached for a period of time. In most cases, the tick must be attached for 36 hours or more before the bacteria can be transmitted.

### Symptoms & Treatment of Lyme Disease

In 60-80% of cases, a rash resembling a bull's eye or solid patch, about 2-inches in diameter, appears and expands around or near the site of the bite. Sometimes multiple rash sites appear. The early stage of Lyme disease is usually marked by one or more of the following symptoms: chills and fever, headache, fatigue, stiff neck, muscle and/or joint pain, and swollen glands.

Early symptoms usually appear within 3 to 30 days after the bite of an infected tick. Early treatment of Lyme disease involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed.



Lyme disease is a bacterial infection. Even if successfully treated, a person may become re-infected if bitten later by another infected tick.

### What Can I Do To Prevent Lyme Disease?

Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs usually no more than 18- to 24-inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Deer ticks cannot jump or fly and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area.

In tick-infected areas your best protection is to avoid contact with soil, leaf litter, and vegetation. However, if you work, hike, camp, hunt, garden, or otherwise spend time in the outdoors, you can still protect yourself by doing the following:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants, and a long-sleeved shirt. Tuck pant legs into socks or boots and the shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- Consider using insect repellent. Follow label directions.
- Stay on cleared, well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when working outside.

Stay Safe!!!

# Take 5 for Safety



## Information for Park Staff that Encounter Dogs

### How to Help Prevent Dog Bites

#### Protect yourself by doing the following every day:

Report any dog incidents (e.g., close calls) to your supervisor. An “almost bite” today could be a “bite” tomorrow.

#### Remember these simple rules:

1. If approached by a dog, resist the impulse to scream and run away. Running will trigger a chase response.
2. Remain still. If you have a bag or satchel place it between you and the dog, and avoid eye contact with the dog.
3. Once the dog has calmed down, back away. Do not turn your back on a dog because a fearful dog may unexpectedly bite.

#### Be aware of your surroundings to protect yourself:

##### 1. Stay alert at all times:

- a. Observe the area carefully before entering.
- b. When approaching a campsite, be aware of com-

mon places dogs may hide (e.g., under parked cars, under hedges, or on porches).

##### 2. If you encounter a dog:

- a. Never assume that a dog won't bite, even if it has been friendly in the past. Any dog can bite.
- b. Always keep your eye on the dog. Dogs are more likely to bite when you aren't looking.
- c. Never startle a dog. If it is asleep, make some kind of non-startling noise, such as a soft whistling, or call its name if you know the dog. Do this before getting close to the dog to ensure time and space for an “out.” **Never reach out and pet the dog.**
- d. Stand your ground. Turn and face the dog. Hold something in front of you, like a satchel or other barrier, and back away slowly to ensure you don't stumble and fall. Never turn and run!

##### 3. Use these preventative measures:

- a. No one likes a surprise. If you know about an aggressive or unpredictable dog in the park, let other staff know so they can be aware also and take proper precautions.
- b. Notify your supervisor that there is an unresolved dog hazard that makes you fearful in the park.

##### 3. If you are bitten:

- a. Back away from the dog, but, do not run.
- b. Direct the owner to take control of the dog to prevent any additional attacks.
- c. Treat any wounds to prevent infection, or seek medical help as needed.
- d. Immediately notify your supervisor and other staff so they can be on alert.
- e. Document the incident using a A-262, Employee Injury, Illness and Near Miss Report, and submit it to the Health and Safety Department.