

## Winter 2020 CoE Safety Newsletter

While winter weather has been mild to date, temperatures below freezing overnight followed by above freezing daytime temperatures can lead to icy patches which may be hard to spot. This is especially true as you arrive and depart from the workplace. Stay alert – stay safe – and follow these simple tips to help you avoid a painful fall which can keep you from the lab or office with an injury.

### Stay Safe on Icy Surfaces



Wear shoes or boots that provide traction on snow & ice



Watch where you are stepping and move SLOWLY.



Use special care when entering/exiting vehicles



Keep your hands out of your pockets. You need your hands to help break your fall.

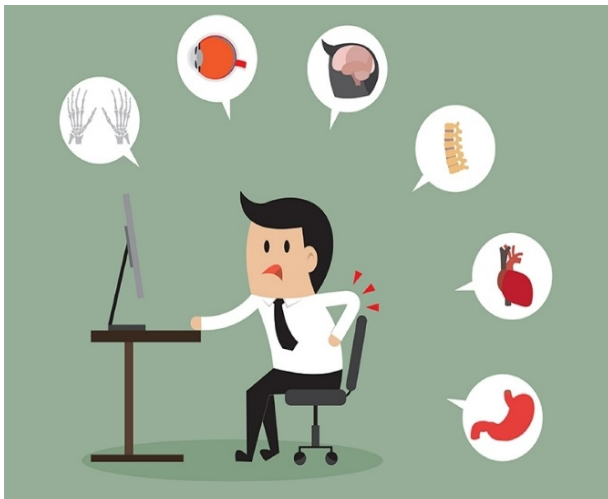


Assume that all wet, dark areas on pavements are slippery and icy.



Walk in designated walkways. Taking shortcuts through snow piles can be hazardous.

## Ergonomics is for Everyone!



Do you spend a large portion of your time working or completing your research on a computer? Maintaining a good, ergonomic working environment is important to protecting your health. While office furniture set-up is essential; **micro-breaks**, short pauses in your desktop work or research to move or change position, can have a big impact in preventing soreness and repetitive use injury. Micro-breaks are less than two minutes long and perfect to do between bouts of typing or online reading. Most people type in bursts rather than continuously. A micro-break is not necessarily a break from work or research, but it is a break from using a set of muscles (such as the finger flexors if you are doing a lot of typing).

Avalene Adler, the Ergonomics Program Coordinator from UW-Environmental and Occupational Health, will be providing a seminar about the importance of movement/position changes, breaking up the day, varying tasks, and some problems with prolonged, static positions. I encourage you to take advantage of this opportunity to learn how you can improve your health in the office through improved ergonomics.

Date and Time: March 3<sup>rd</sup> - 2:00PM

Location: 1410 Building - Room 150

Sign-up at: [Ergonomics is for Everyone](#) (limit of 50)

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## Stay Safe Badgers

