



**News
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January 2011

Walking on Ice is Not Nice!

It's important to recognize the hazards of slippery surfaces. Here are helpful hints from winter-safety experts that will reduce the risk of falling when slippery conditions exist:

- Wear boots or overshoes with soles. Avoid walking in shoes that have smooth surface. This increases the risk of slipping.
- Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice. Avoid the temptation to run on ice.
- Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.
- Walk "small." Avoid an erect, marching posture. Look to see ahead of where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.
- Remove snow immediately before it becomes packed or turns to ice. Keep your porch, steps, walks and driveways free of ice by frequently applying ice melting products. This is the best way to prevent formation of dangerous ice patches. Using a potassium-based melting product instead of salt will prevent damage to concrete, grass and other vegetation or to carpets and floors should you track some inside.

Did you Know... Sheakley UniComp's Case Management facilitates and coordinates more than 80 injured workers returning to work each day. That equals 1600 a month and 19,200 per year! We're getting injured workers back to work!