



Work Safety Tips from Great Falls Emergency Services

Great Falls Emergency Services (GFES) paramedic teams respond to 9-1-1 calls at local workplaces every day. These county workplace injuries contribute to the 6000 fatal and 4 million non-fatal injuries occurring annually across America according to the U.S. Department of Labor. A great many of these emergencies are preventable. GFES hopes to help reduce workplace emergencies among Great Falls residents by offering the following tips:

For Great Falls Employers:

Develop a comprehensive first aid program for your specific worksite.

- First, assess and evaluate all hazardous risks. Make sure your assessment considers all employees' job descriptions and work environment.
- Train your employees in first aid and CPR.
- Keep first aid kits fully supplied and available at all workplace locations.
- Based on your company's risk assessment, you might consider placing an AED (Automatic External Defibrillator) on property.
- Strictly adhere to your Material Safety Data Sheet's recommendations (MSDS). This information should be posted as required as it informs employees about all chemicals that they might be exposed to, offers post exposure recommendations and explicit instructions regarding how to properly dispose of these chemicals.
- Remove all "tripping hazards." Make it a company practice to keep walkways clear.

For Great Falls Workers

- Don't text on your cell phone or read while walking.
- Look before you sit! Numerous injuries can be avoided by just looking back and making sure your chair is right where you want it to be. Leaning way back in a chair can result in a fall just like leaning way over to reach something without good balance can potentially cause a fall injury.
- Filing cabinets can fall forward when too many drawers are open. And, file drawers left open can trip someone easily.
- Don't carry anything higher than you can see around.
- Use stairway handrails
- Watch for wet floors or cluttered dark walkways

For more safety information, visit the "News" page on the <http://www.greatfalls-ems.com> website.