



Continuing Medical Education (CME) Calendar

FEBRUARY 24, 2016 - WEDNESDAY

Malpractice Exposure in Social Media & EMR

Holiday Inn Gateway, Flint
5:30 p.m. – 7:30 p.m.

Approved for AMA PRA
Category 1 Credit™



To register, Call: 1-855-310-3627, or online:
www.education.hurleymc.com/cme/calendar
or snap the QR code.

SAVE THE DATE ~

2016 HURLEY PEDIATRIC CONFERENCE

Thursday & Friday, April 14 & April 15, 2016
MSU Conference Center, Flint Campus

MSU/FAME RESEARCH FORUM

Wednesday, May 4, 2016
Riverfront Banquet Center, Flint

ALSO COMING IN 2016 ~

- Pain Management & Substance Abuse
- Diabetes Care in 2016
- Infectious Disease Symposium
- Annual Terry Thomas Conference & Ob/Gyn Residency Alumni Event

"CME on Demand" activities too!

** Physician Spotlight Correction: The following article was printed in the January 2016 newsletter. It listed Dr. Shaik Mohammed as a pediatrician. Dr. Shaik Mohammed is an Internal Medicine Physician.*

HURLEY MEDICAL CENTER PHYSICIAN SPOTLIGHT – JANUARY 2016



Dr. Tabrez Shaik
Mohammed

Tabrez Shaik Mohammed, MD
Hurley Medical Center

"I understand that I may not be able to cure every patient, but I try my best to help mitigate the suffering. To quote Dr. Osler, "As physicians, we should strive to cure a few, help most, but comfort all."

Dr. Tabrez Shaik Mohammed

1. What are your challenges as a physician?

On the inpatient side, since I see patients on the staff service who are not necessarily the Hurley Clinic patients, it can become challenging to establish a doctor-patient relationship. On the outpatient side, providing the current best treatment while navigating around insurance coverage issues can be difficult.

2. What keeps you coming back each day?

The hope to see a patient I cared for the previous day getting better, the humbling experience of learning something new each day and to witness the combined efforts of all the healthcare personnel working together to put a patient on the road to recovery.

3. What do you believe patients value the most in their physician?

Listening to them keenly, spending time with them and being non-judgmental.

4. Share with us some of your favorite hobbies.

Hobbies: Reading (both fiction and non-fiction). I am a huge fan of Robert Ludlum, John Grisham and Jeffrey Archer. I also enjoy listening to music, watching television, gardening, photography, and traveling.

5. Tell us about your family:

My wife, Shaheen, is a Med-Peds PGY3 resident here at Hurley Medical Center. I have three kids: 2 boys (Ayan (6 years old) and Atif (1 year old)); one girl, Asma who is 4 ½ years old.



STAY CONNECTED!



Stay Connected!

Become a fan of the Hurley Medical Center page on Facebook by clicking the "Like" button. We'd ♥ to hear your stories.

Hurley Medical Center

Hurleymc.com
Facebook.com/Hurley
Medical Center
Twitter.com/Hurley Medical

Hurley Foundation

Hurleyfoundation.org
Facebook.com/
HurleyFoundation
Twitter.com/HurleyFNDN

Please share your stories.

We'd love to hear from you! Please send your stories and photos by the 15th of each month to rwaller1@hurleymc.com, or contact Regina Waller, Director (Physician Services, Continuing Medical Education (CME) and Medical Staff) at 810-262-7302.

Welcome New Providers

Name	Practice	Department	Specialty
Karl W. Dunn, DPM	Flint Podiatry 2329 Stonebridge Dr, Bldg. E Flint, MI 48532 P: 810.230.9955	Surgery	Podiatry
Shawn Gorkiewicz, NP	Geriatric & Medicine Specialists of Michigan 1409 S. Graham Rd. Flint, MI 48532 P: 810.235.2599	Medicine	Nurse Practitioner
Ann Hilmo, MD	Pediatrics One Hurley Plaza, 2N NICU Flint, MI 48503	Pediatrics	Neonatology
Martin Nwankwo, MD	Pediatrics One Hurley Plaza, 2N NICU Flint, MI 48503	Pediatrics	Neonatology
Mahmoud Sallah, MD	Najjar Infectious Disease 2342 Stonebridge Dr, Bldg H Flint, MI 48532 P: 810.732.3812	Medicine	Infectious Disease

February Birthdays

Nada Abdelbasit, MD
Madar Abed, MD
Ahmed M Akl, MD
Syed V Ali, MD
Atheer M Alrawi, MD
Frederick R Armenti, MD
Sarah D Baxter, CRNA
Steven A Boskovich, MD
Laura A Carravallah, MD
Allison Cator, MD
Raymond K Chan, MD
Hameem U Changezi, MD
Tracy Davies, DDS
Samuel R DeNardo, MD
Margaret K Einheuser, CRNA
Samir A Elian, MD
Gregory J Fortin, MD
Cecilia G Gingell, FNP-BC
Edward Gomez-Seoane, MD
Elizabeth M Ham, CRNA
Jeffrey L Harris, DO
Patrick D Hawkins, DNP
Lisa Hinchman, MD
Jay C Holmes, MD
Cynthia Horning, MD
Nancy L Javor, NP
Naresh K Kinra, MD
Alan Klein, DDS
Joanna E Kuklinsky, CNM
Steven L Lackie, PA-C
Nicole Lape, PA-C
Tej K Mattoo, MD
Bradford E Murphy, DO
Mazen A Najjar, MD
Elizabeth M Picard, DMD
Yaseen Rafe'e, MD
Brent E Reusser, DO
Wilfredo Rivera, MD
Leemor Rotberg, MD
Gul R Sachwani-Daswani, DO
Rabbi Salimi, MD
Patricia A Sarade, PA-C
Ruma Srivastava, MD
Robert M Stenz, DO
Mohammad J Tabbah, MD
Brooke Thompson, MD
Willie E Turner, PA-C
Murugusundaram Veeramani, MD
Angela vonDaggenhausen, PA-C
Lyric C Walsh, CNM
Ahmad Waseef, MD
Mark Weiss, MD
Shawn M Wiggins, MD
Mark R Williams, DPM
Yu-Ju Yang, DDS

Dr. Vaniawala Named to National Task Force



Dr. Vishwas Vaniawala

One Hurley pediatrician was recently appointed to a task force whose work will have a national impact for others in the field.

In December 2015, **Vishwas Vaniawala, MD** was selected to serve on the 12-member General Pediatrics Practice Analysis Task Force, which is part of the American Board of Pediatrics (ABP). The Task Force is charged, in part, with revising and restructuring ABP exams, such as in-service, board certification, and maintenance-of-certification (MOC) exams.

The work performed by the Task Force is intended to serve as a model upon which national exam content specifications will be selected.

Dr. Vaniawala, a pediatric hospitalist at Hurley Medical Center, traveled to Chapel Hill, N.C., in January for the first meeting of the Task Force. He holds a faculty appointment from Michigan State University College of Human Medicine and teaches in Hurley's Pediatrics, Combined Internal Medicine and Pediatrics, and Transitional Year residency programs.

For information on In-Training Exams, see <https://www.abp.org/content/apply-exam>. For more certification information, see <https://www.abp.org/content/become-certified>. To see an infographic on the basics of the current pediatric MOC, see <https://www.abp.org/content/basics-moc>.

Voice of the Patient



Dr. Muhammad Jabbar

"Yes, I want to thank **Dr. Jabbar** and **Dr. Nolan**. They listened and got him out of the hospital right away, when they felt he was ready to go and we appreciate that. Thank you very much."



Dr. Brian Nolan

"**Dr. Nolan** (and the nurse, Carrie) did an awesome job with treating my son."



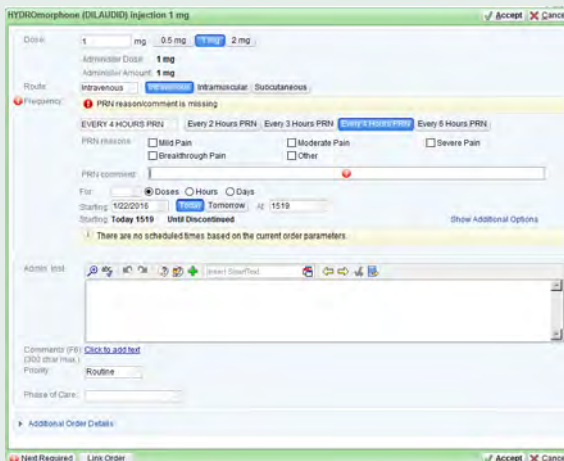
Dr. Michael McCann

"I would like to thank **Dr. Michael McCann** for the awesome job he did on me this year."

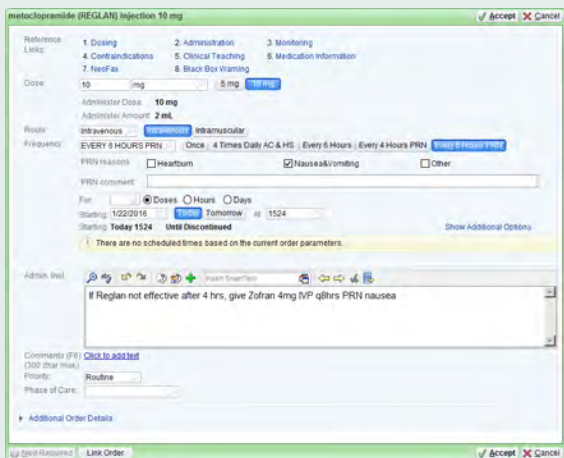
"Marcus was wonderful (I guess he was my PA), and the nursing staff. I meant all of the nurses that took care of me were absolutely wonderful."

Ordering of PRN Medications

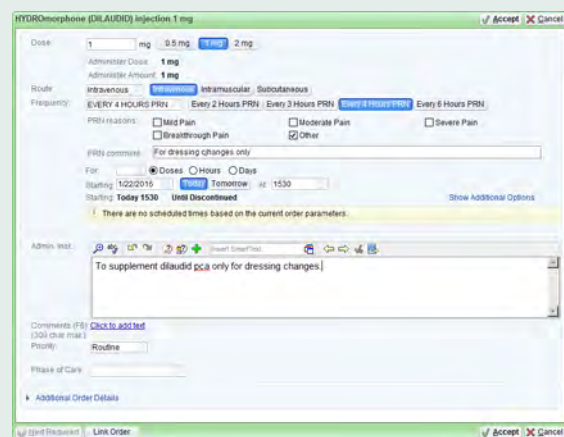
According to Joint Commission standards and hospital policy, please note the following:



(figure A)



(figure B)



(figure C)

- All PRN medication orders must have qualifiers indicating the reason for administration. (see figure A)

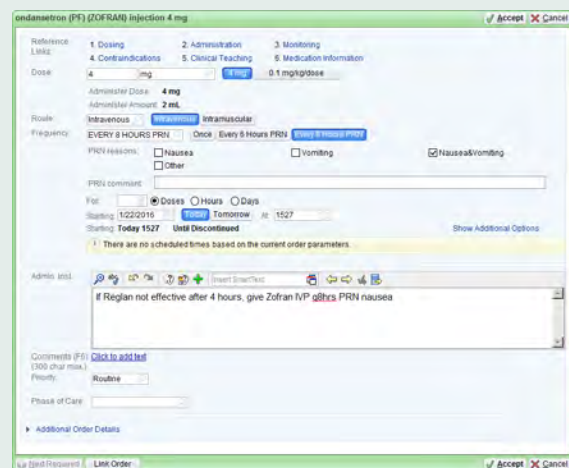
- No more than one medication may be on the patient's profile for the same PRN medication. (see figure B)
 - o Exception: It is acceptable for medications with the same PRN indication to be ordered as long as there are clear instructions for escalating therapy or changing to another drug. *Example: Compazine 10mg IVP q6 hours PRN nausea. If Compazine not effective after 4 hours, give Zofran 4mg IVP q8 hours PRN nausea.*

- When a PRN medication is a therapeutic duplication of a medication already on the patient's profile, the first medication will be automatically discontinued by Pharmacy via protocol and the second order will be honored.

- When a patient-controlled analgesia (PCA) is ordered, other parenteral narcotics will be discontinued by Pharmacy via protocol unless specified to be given in addition to PCA (i.e., with dressing changes). (see figure C)

- If therapeutic duplicate orders are written at the same time, the prescriber will be contacted to choose one medication, or to clarify instructions for escalating therapy or change to another drug (see Example above).

- If the same medication is ordered PRN but by different routes (IV and PO), the oral route will be the first route of choice unless the patient is NPO, has nausea/vomiting, or there was a failure in the relief of symptoms when the medication was given immediately prior by the oral route. (see figure D)



(figure D)

WIOG "Cares for Kids" Radiothon

The 102.5 WIOG "Cares for Kids" Radiothon will broadcast live from the West Lobby on **Thursday, February 4 and Friday, February 5, 2016**. The money raised will stay right at Hurley Children's Hospital to benefit our pediatric patients.

If you would like to make a donation, a payroll deduction option is available. If you are interested in giving an hour or two of your time to answer phones, please contact Linda Tracy-Stephens at 262-9428 or email ltracy1@hurleymc.com and she will work with your schedule. Remember: it's ALL about the kids!

Angel Kisses Fundraiser to Benefit Hurley Program

Many local families experience the tragic loss of a baby during pregnancy, yet care and support for these families is not standardized in Michigan, and is often lacking. Angel Kisses, a nonprofit organization, funds Michigan-based programs that improve perinatal bereavement care, with a focus on babies delivered during the second or third trimester. For 2016, the group is raising money for six bereavement programs, one of which is Hurley Medical Center's.

Angel Kisses will hold its 7th Annual Fundraiser on **February 20, 2016** from 2-8 pm at Woody's/Onyx (208 W 5th Street, Royal Oak). A portion of all sales will be donated to Angel Kisses. The event will feature a silent auction, jar raffles, and 50/50. All funds will benefit improving bereavement care. Please join us for this great cause!

Previous grant awards to Hurley from Angel Kisses resulted in nurses forming a Perinatal Bereavement Team. Mementos and keepsakes are provided to patients and their families after their loss. A central Bereavement Room provides a private place for providing care to the family of the deceased infant.

Kohl's Cares for Healthy Kids at the Museum

Thanks to a grant from Kohl's, Kohl's and Hurley Children's Hospital will host a free admission day at the Flint Children's Museum on **Sunday, February 7, 2016, from noon- 5 pm**. The event will feature special nutrition and physical activities, including making a heart-healthy snack. Bring your kids and grandkids to join in the fun!

Volunteer Services

- As of January 1, 2016, anyone interested in **volunteering** at Hurley Medical Center must complete an application, available on the Hurley Medical Center or Hurley Foundation website or in our Main Lobby. All potential volunteers will then be invited to attend an informational meeting, which will take place the second and fourth Wednesday of the month from 2-4 pm. After the meeting, eligible volunteers will be instructed to go on-line and complete their volunteer orientation, which will include learning about hospital policies and procedures and taking the necessary Healthstream courses. We are hopeful that this new process will shorten the wait time for orientation and completion of requirements. Please call Lisa Hasselbach at 810.262.9152 if you have questions.
- The next openings for **"2016 Healthcare Career Days"** are in **April 15 and May 20**, from 8 am to 1 pm for high school students at least 15 years of age and in grades 10-12 and college freshmen. "Healthcare Career Days" is a project aimed at helping youth learn about careers in the field. Students will visit the hospital, in support of local colleges and universities, to learn about various healthcare occupations. Space is limited, so get your application in early. To register, email: healthcareerday@hurleymc.com. Please contact Lisa at 810.262.9152 if you have questions.
- **Volunteers are needed** for the: Lobby Shop, Gift Cart, Surgical Lounge, and Outpatient Clinic. If you know anyone that wants to give back to their community and would be a Hurley representative, please call Lisa at 810.262.9152.
- **Auxiliary Health Career Scholarships** are available to Hurley employees who are majoring in a Health Career curriculum. Each year the Auxiliary awards \$3,000 in Health Career Scholarships. Applications are available in the Foundation/Volunteer Services Office (School of Nursing, 1st Floor) and the Lobby Shop. They due back no later than Monday, February 29, 2016 to Volunteer Services.

Hurley Receives \$7,000 in Grants for Children's Center

Hurley received **\$5,000** from the **Frederick and Stella Loeb Charitable Trust** and **\$2,000** from the **Burroughs Memorial Trust** for its new Children's Center at the Flint Farmer's Market. The grants were used to purchase a digital wheelchair ramp scale to serve handicapped children who are unable to stand by themselves on a regular scale (at least 35 children each month).

Flint Child Health & Development Fund to provide support to Flint children exposed to lead

A group of concerned community members have created a charitable fund so that people nationwide can contribute to support both short and long term needs of Flint's children who have been exposed to lead. The fund, established at the Community Foundation of Greater Flint, is a supplemental resource to the ongoing pursuit of additional state and federal funding.

"If there was ever a time to invest in our children, it is now. Our Flint children deserve every opportunity to be healthy and successful. The creation of this Fund will further ensure that our children are afforded the resources and interventions to overcome this population-wide exposure to lead," according to Dr. Mona Hanna-Attisha.

The Flint Child Health & Development Fund will support the delivery of critical public health, medical, and community-based services and interventions that address and mitigate the short and long term impacts experienced by Flint, Michigan children exposed to lead as a result of the 2014-2016 Flint Water Crisis.

Grants from the Fund will be advised by a committee of community members with representation from residents, Hurley Children's Hospital, Mott Children's Health Center, Greater Flint Health Coalition, United Way of Genesee County, and the Community Foundation of Greater Flint.

"The Fund, and its Advisory Committee structure, ensures that donations will be used in the most effective way to help Flint children," said James Gaskin, Chief Executive Officer of United Way of Genesee County. "We extend our deep appreciation to all the donors who have responded generously to this emergency."

To give online, visit www.flintkids.org. To make a credit card gift by phone, please call 810.767.8270.

Hurley Grant from Kohl's Cares Features Healthy Recipes and Videos for Kids

As part of its hospital partnership with Kohl's, Hurley has licensed Cook eKitchen™ healthy recipes and videos that teach kids and families how to eat healthy. Check out our February featured recipe below and go to kohlshurleykids.com for more recipes.

Gluten Free Fudge Brownies

No one will ever guess the secret ingredient that makes these fudge brownies extra fudgy--black beans. These black bean brownies are a decadent gluten-free dessert that everyone will love.

INGREDIENTS

- 1 can (15 oz) black beans, rinsed and drained
- 2 Tbsp cocoa powder
- ½ cup quick oats (gluten free if needed)
- ¼ tsp salt
- ½ cup pure maple syrup or honey
- ¼ cup coconut or vegetable oil
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½ cup dark chocolate chips
- 2 to 3 Tbsp confectioner's sugar for decorating, optional

PREPARATION

1. Preheat oven to 350 °F. Lightly coat an 8 x 8 -inch baking pan with nonstick cooking spray.
2. In a food processor, combine all ingredients except the chocolate chips and the confectioner's sugar and blend until completely smooth.
3. Stir in the chocolate chips.
4. Pour the batter into the prepared pan. Bake for 25 minutes.
5. Transfer to a wire rack to cool completely. Do not cut brownies until completely cooled.

Yield: 12 brownies
Serving Size: 1 brownie

Calories: 148, Fat: 6g, Saturated Fat: 5g, Cholesterol: 0, Sodium: 12mg, Carbohydrates: 20g, Fiber: 3g, Protein: 2g

Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe's nutritional content.

Mark Your Calendar for March 5!

The **35th Annual Hurley Benefit Ball** is Saturday, March 5, 2016 at the Riverfront Banquet Center in downtown Flint.

Proceeds from this event will support a new, state-of-the-art "Hurley Medical Education Center": a 6,800 square foot space which will integrate medical education for Hurley doctors, residents, nurses, and staff as well as allied health occupations and healthcare providers in the community who rely on Hurley for training and experience. The new center will feature upgraded technology to be fully Wi-Fi compatible and offer the most modern audio-visual and other technical equipment. It will strengthen our connection to our partners across the community, state, and the nation through webinars, live streaming of conferences, teleconferencing, and other means.

This new Education Center will also allow Hurley to host educational training programs including our continuous Hurley Healthy Living Series, along with the promotion of Level I Trauma, Bariatric, Diabetes, Joint Replacement, Wellness Services, and Hernia and Senior Center of Excellence to name just a few. It will increase Hurley's dedication to education, quality and innovation, as connections within our local community continue to grow.

For more information about the Benefit Ball, please contact Hope Ponsart Hansen, Special Events Director, at 810.262.9399.

Please mark your calendar to join us on
SATURDAY, MARCH 5, 2016
and be swept away to the Emerald City.

Enjoy a whimsical cocktail reception followed by fine dining, entertainment, music, dancing and a silent auction at Riverfront Banquet Center in Flint.

All proceeds will benefit the new Education Center. For reservations and sponsorship information, contact Hope Ponsart Hansen at 810.262.9399 or hponsar1@hurleymc.com.

Seating for this very special 35th gala is limited.



PLEASE SAVE THE DATE
MARCH 5, 2016
THERE'S NO PLACE LIKE HURLEY

Michigan State University and Hurley Children's Hospital announce Pediatric Public Health Initiative to support the health of Flint children



College of Human Medicine
MICHIGAN STATE UNIVERSITY

Michigan State University and Hurley Children's Hospital today announced a new Pediatric Public Health Initiative to address the Flint community's population-wide lead exposure and help all Flint children grow up healthy and strong.

The Pediatric Public Health Initiative brings together experts in pediatrics, child development, psychology, epidemiology, nutrition, toxicology, geography and education, and includes the Genesee County Health Department, Michigan Department of Health and Human Services and MSU Extension.

The intent is to address the Flint population-wide lead exposure from multiple fronts and provide the tools and resources for the assessment, continued research and monitoring, and interventions necessary for improving children's health and development.

The foundation for this new initiative leverages MSU's recently expanded Division of Public Health, supported by the Charles Stewart Mott Foundation, that has brought new public health researchers to Flint and MSU College of Human Medicine's 35-year medical education collaboration with Hurley Medical Center.

"MSU and Hurley Children's Hospital already have the infrastructure in place in Flint to support the Pediatric Public Health initiative," MSU President Lou Anna K. Simon said. "With the university's research, education and outreach expertise supporting this model public health

program, together we will help build a healthier, brighter future for Flint's children."

"As the region's premier public teaching facility, Hurley Children's Hospital is so pleased to be joining MSU as part of this vital initiative. We take our responsibility of advocating for children very seriously, and we look forward to the role that we will have in this essential initiative," adds Melany Gavulic, RN, MBA, President and Chief Executive Officer, Hurley Medical Center.

The joint venture will be led by Mona Hanna-Attisha MD, MPH, FAAP, Director, Pediatric Residency at Hurley Children's Hospital and Assistant Professor of Pediatrics at MSU College of Human Medicine. "The creation of this Pediatric Public Health Initiative will give Flint children a better chance at future success. This initiative will bring in a team of experts to build a model pediatric public health program which will continue to assess, monitor and intervene to optimize children's outcomes," said Dr. Hanna-Attisha.

The Pediatric Public Health Initiative will employ evidence-based interventions for inclusion in its response to the Flint water lead exposure. Three overarching areas are education, nutrition and medical/health. Already MSU Extension nutrition staff members have worked with Hurley Medical Center to provide nutrition education, including recipes high in iron, calcium and Vitamin D—all of which help block the absorption of lead into the body – and have held cooking demonstrations at the Flint Farmers' Market.

In addition, MSU Extension has shared these recipes through its Supplemental Nutrition Assistance Program (SNAP) education classes.

The MSU College of Human Medicine Division of Public Health will support the Pediatric Public Health Initiative at its downtown Flint location.

MSU COLLEGE OF HUMAN MEDICINE

Since 1964, Michigan State University College of Human Medicine has drawn upon MSU's land grant values to educate exemplary physicians, discover and disseminate new knowledge and respond to the needs of the medically underserved in communities throughout Michigan. The medical school's statewide footprint includes seven community campuses: Flint, Grand Rapids, Lansing, Midland Regional, Southeast Michigan, and the Upper Peninsula Region. The college is home to centers of excellence in Parkinson's disease research and women's health research. For more information, visit the Michigan State University College of Human Medicine Web site at www.humanmedicine.msu.edu.

HURLEY CHILDREN'S HOSPITAL

Hurley Children's Hospital provides outstanding patient and family centered care for our region's youngest patients, including Pediatric Intensive Care, Pediatric Oncology, a nationally recognized Asthma program, Genesee County's highest level Neonatal Intensive Care Unit (Level III) and a separate dedicated Pediatric Emergency Room, along with a multitude of pediatric subspecialties. Hurley Children's Hospital maintains academic affiliations with Michigan State University, the University of Michigan-Ann Arbor, the University of Michigan-Flint, Mott Community College, Henry Ford Health System, and Children's Hospital of Michigan DMC, and cares for more than 20,000 pediatric patients annually.

Introducing Hurley Medical Center's New Lapeer PHYSICAL THERAPY & AQUATIC THERAPY CLINIC



**NEW
State-of-
the-Art
Equipment**

Experts in Physical Therapy Care– Here for you!

Hurley Medical Center is excited to announce the opening of their new physical therapy and aquatic therapy clinic in Lapeer. The facility has been completely remodeled and is outfitted with a new pool and state-of-the-art rehabilitation equipment. Dr. Joshua Carlson, lead physical therapist, and his team have years of experience and expertise.

Golfers with pain can make an appointment with our Titleist Performance Institute (TPI) Certified Medical Golf Expert specifically trained in "The Body-Swing Connection." Hurley is proud to have the area's only certified medical expert with this training.



**NEW
Pool for
Aquatic
Therapy**



**AREA'S ONLY
Certified
Medical
Golf Expert**

Tell your physician you choose the experts at Hurley for your therapy needs. All you need to get started is a physician's prescription for physical therapy and a call to our central scheduling office at 810.262.2350.

HURLEY
MEDICAL CENTER
PHYSICAL THERAPY

96 Lake Nepeensing Rd. Lapeer, MI
(in the office of Dr. Rita Lang)
810.262.2350

HERE FOR YOU!

HMC Quality & Safety

Each year, in the US, there are approximately 750,000 new cases of severe sepsis, with at least 210,000 fatalities. Reducing the development of severe sepsis and improving sepsis mortality is an institution-wide quality and patient safety initiative at Hurley Medical Center.

To help improve sepsis mortality we are going to take the following steps:

- Use Epic to check for development of SIRS criteria in patients
- Alert providers when SIRS criteria are met
- Initiate rapid evaluation and management of these patients once identified
- Contact physicians if this initial evaluation is concerning for early sepsis

If you are contacted about a patient with the potential for early sepsis, please use the "Surviving Sepsis" order set in Epic as a guide to help care for your patients through the initial phases of sepsis management.

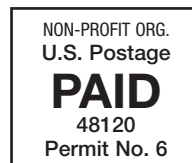
Quit Smoking Resources for Patients

Are your patients ready to quit smoking? Hurley's Tobacco Treatment Specialists can help!

We offer small group classes and individual appointments. Please call 810-262-7898 or email: DCampbe2@hurleymc.com for more information.



One Hurley Plaza
Flint, MI 48503



Pediatric Oncology Program Receives Grant from St. Baldrick's Foundation

Hurley received a grant for \$18,800 from the St. Baldrick's Foundation for reimbursement for clinical trials for its pediatric cancer patients. The Medical Center's pediatric oncology program treats children with leukemia or cancer without necessitating travel to Detroit or Ann Arbor.

Hurley's expertise in treating childhood cancer is exemplified through its status as an approved institution of Children's Oncology Group (COG)—the International Multi-institutional clinical trial group for all pediatric malignancies including leukemia. As an approved COG institution, Hurley has to treat at least 12 new patients every year.

Did you know that:

- Leukemia in teenagers and young adults, when treated with a pediatric research protocol, is more curable than when treated with regimens of chemotherapy made for adults;
- Clinical research studies often use cutting-edge drugs that are not commercially available and show promising results; and
- These drugs are available free-of-charge for patients who are registered on study protocols.



Quality & Patient Safety Tip

Jan 6, 2016

Preventing Winter Weather Accidents and Injuries

With the cold, snow and icy weather conditions upon us there are certain precautions we can take to minimize our risk for injuries and accidents. Please take a few minutes to review some tips for a safe winter season.

Preventing Slips and Falls:

- Pay attention to the wet, snowy icy conditions on sidewalks and in parking lots.
 - Walk with your knees slightly bent and your weight forward on slippery surfaces to keep your center of gravity over your feet.
- Slow down and don't be in a hurry.
 - Walk at a speed that is safe for the conditions under foot.
- Wear sensible shoes and boots with nonskid soles and a low heel height.
 - Rubber soles are best to prevent slipping.
- Be careful near exterior doorways and in hallways to keep from falling on wet floors.
 - If you see a wet floor, please put a sign up to help warn others.
- Keep your arms free
 - Don't carry a lot in your arms blocking your view of the ground
 - If you do slip, you can use them to balance and recover safely

Drive Safely

- Pay attention to the weather and adjust your driving.
 - Slow down and watch out for the other guy.
 - Leave more room between your vehicle and the one in front of you. On slippery roads everyone needs more room to stop or maneuver.
- Be careful at intersections.
 - Always make sure that oncoming traffic will be able to stop before you pull out in front of another car.
- Keep a snow shovel, kitty litter and blanket in the car just in case you get stuck.
 - It's a good idea to keep your gas tank above ¼ full too!