



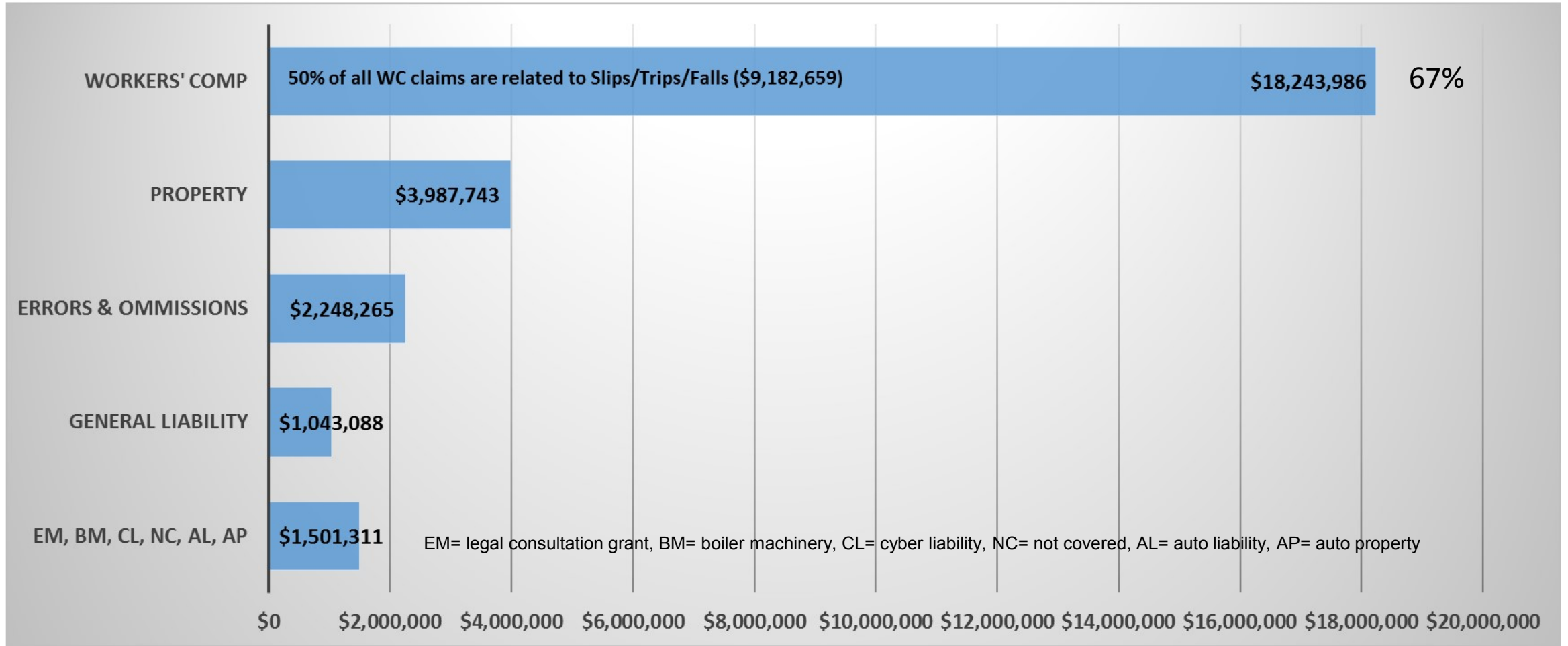
Welcome Safety Advocates!

S.NO.W. Discussion Topics

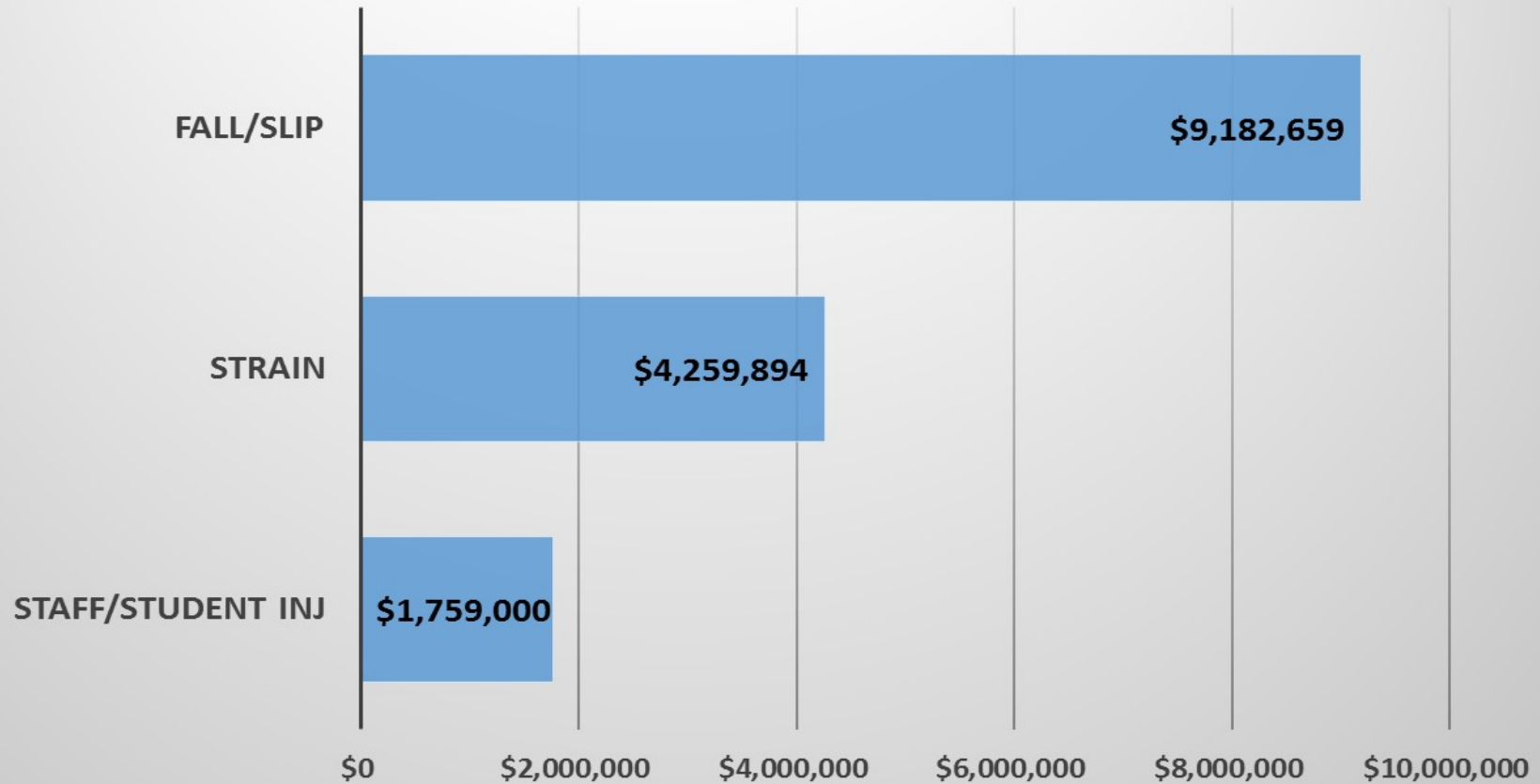
- Data
- Share Suggested Initiatives
- Handouts (SNOW bulletin, Attestation Form, Action Plan, SWAG sign-up, Logo)
- Traction Devices
- Brainstorming
- SWAG Delivery



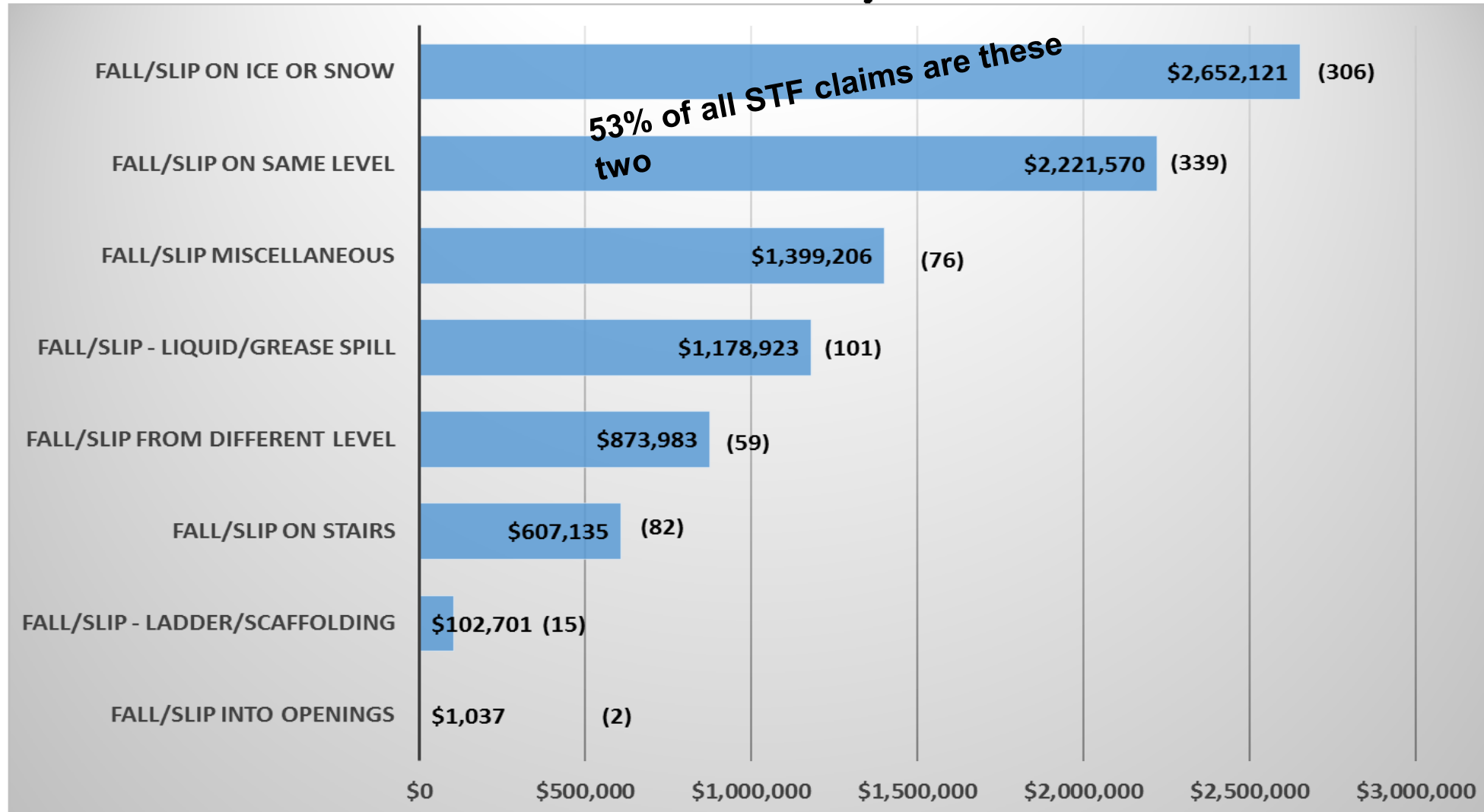
FY 17-21 - All Lines - \$27,213,935



FY 17-21 – 83% of all WC Claims



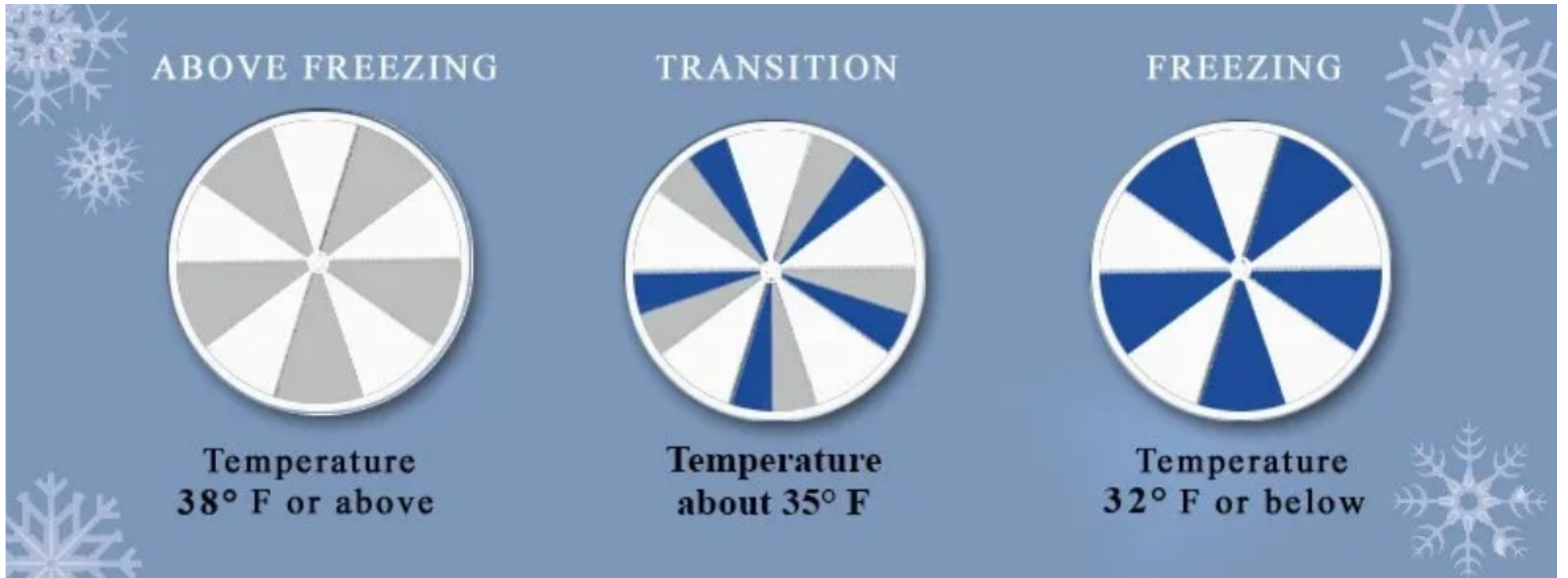
FY 17-21 – Fall/Slip - \$9,182,659



Suggested Year-Round Initiatives



Ice Alerts



AVOID INJURIES FROM SLIPS, TRIPS & FALLS

Your injury hurts us all.



WATCH OUT FOR:

- WET SURFACES & SPILLS
- ICE & SNOW
- DISTRACTIONS
- WET SHOES ON DRY SURFACES
- CORDS & OTHER TRIP HAZARDS



WEAR PROPER FOOTWEAR

Proper Footwear for the Conditions



Snow Boots (Vibram Arctic Grip)



Ice Claws - \$9



Stabilicer- \$22



Give your program traction!

Winter Walking - \$25



K-1- \$30

YakTracks - \$20



Your program, you run with it!

KISS – Keep it simple Sam!

Say NO to Wipeouts! (S.NO.W.)

A Slip/Trip/Fall (STF) Prevention Program

I, _____, agree to
(print name)

do my best to avoid slipping, tripping, and/or falling at any time while on school property (and in my personal life). I will be extra careful especially when snow, ice, or wet conditions exist. I will wear proper footwear for the conditions.

Signed: _____ Date: _____



Say NO to Wipeouts! (S.NO.W.) Action Plan

December 2021:

January 2022:

February 2022:

March 2022:

April 2022:

May 2022:

June 2022:

September 2022:

October 2022:

November 2022:



Other Ideas (one initiative/month)

- Proper Footwear
- STOMP (fun for kids too)
- Weather Report
- Walk like a Penguin
- Parking Lot Helper
- Traction Stations
- Wet Floor Signs
- Take 5/Stay Alive!
- Backpack
- It Can Wait!
- Warm-ups
- Prizes/Recognition



Unsafe Acts of People

Herbert Heinrich/Thomas Bird studied 75,000 people who had accidents and found that 88% of the accidents were caused by unsafe acts of people.

Behavior



Brain Science

Cristian Sylvestre, HabitSafe

- Brain science has discovered that up to 95% of what we do originates in the subconscious.
- Behavior is mostly a “back-of-mind” function.
- Repetition enables people to do many things without a lot of conscious thought. What you repeat, you keep. We are biologically wired to go on autopilot when we do something familiar. It’s fast and uses minimal energy.
- What is familiar feels safe and habits take over. With habits, we don’t think consciously about what we are doing, resulting in inattention.
- If we’ve done it many times and stayed safe, the conscious mind **rubber stamps** it and lets it go, even though we know it’s not safe.
- People make poor “in-the-moment” decisions because it happens below our level of consciousness.



Inattention

Cristian Sylvestre, HabitSafe

When we are **inattentive**, on autopilot, what's the most **common** consequence?



NOTHING

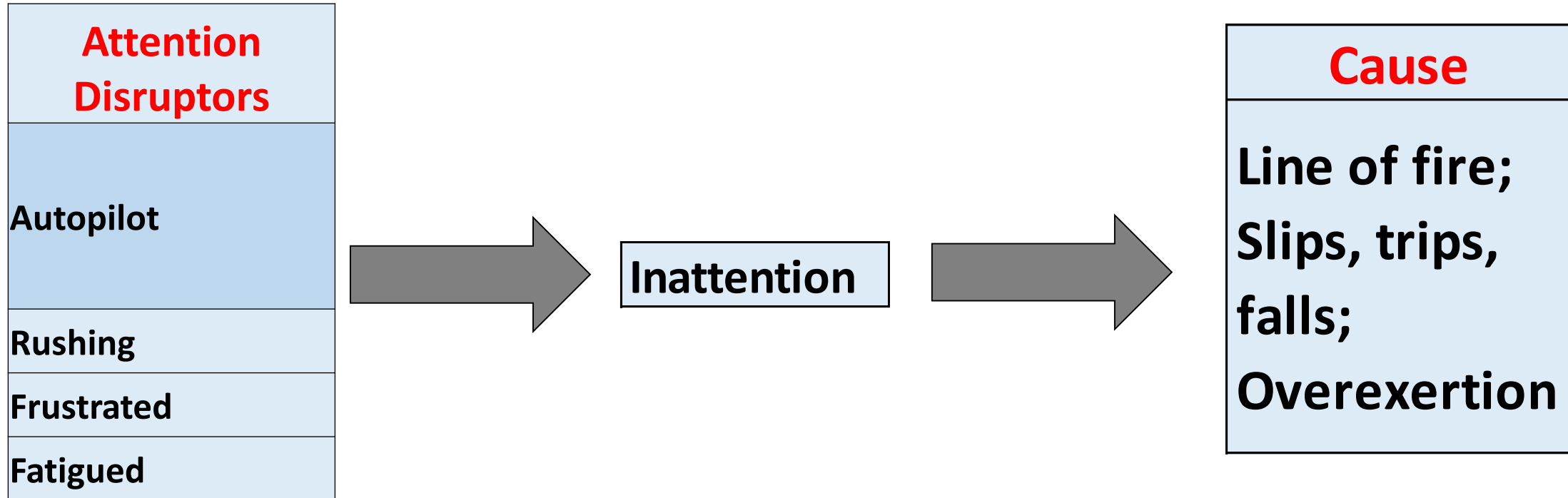
When there is no incident, we repeat the inattention, making it a huge “blind spot”. We surrender our control of safety. If there was a consequence every time, we would change.

We can minimize inattention by upgrading our skills and habits to safer ones. What do most people wait for to upgrade their skills and habits?

PAIN

Attention Disruptors

Cristian Sylvestre, HabitSafe



When you ask people who have been injured if one of these **ATTENTION DISRUPTORS** came into play, 4 of 5 people almost always say one.

Teach people how to manage attention disruptors to reduce incidents and accidents.

What Can We Do to Minimize Inattention?

Cristian Sylvestre, HabitSafe

- We can minimize inattention by upgrading our skills and habits to safer ones. Help people pay more attention automatically so they can avoid what can hurt them.

There are early warning signs for rushing, frustration, and fatigue.

4 of 5

- If rushing, slow down
- If frustrated, calm down
- If fatigued, get some rest. If the brain is tired, it will not make good decisions and it slows down the brain process. Brain use generates waste products which clog-up our neural pathways. Sleep and rest clear out our brains.
- The only strategy for autopilot is to practice safer habits to control your safety. Look for the inattention blind spot. If we look for it, we can do something about it. There are early warning signs for you. Identify early warning signs and act on them (rumble strips when nod off while driving; you choose to stop, unless you're almost there).
- Choose to wait for "pain" or upgrade skills and habits.

1001, 1002 - TWO SECOND EXERCISE - Cristian Sylvestre, HabitSafe

Take 5/Stay Alive!

Before you move, first count two seconds while looking around you.

- **If you pause for $\frac{1}{2}$ second before you move, it reduces 80% of incidents.**
- **If you pause for 1 second before you move, it reduces 97% of incidents.**
- **If you pause for 2 seconds, it avoids 100% of incidents.**
 - **Practice this skill daily until the bad habit goes away.**





Say NO to Wipeouts Safety Advocate Sign-up

Business Manager's Name and Email:

Vest Size Request

Supervisory Union/School District Name:

| Safety Advocate Name(s) | SU/SD | Dept. | School Name | W Large | W XL | M Large | M XL |
|-------------------------|-------|-------|-------------|---------|------|---------|------|
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Email this form back to Heidi to claim your vests and traction devices. heidi@vsbit.org

You may order additional vests from Minuteman by December 17, 2021. Contact Quinten Lewis, Customer Service Representative, P: 802-864-5440, E: quinten@minutemanvermont.com;

SWAG





SWAG