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Winter Weather Slips, Trips & Falls

Winter weather conditions typically bring an increase in slips/trips/falls. Here are some tips to help avoid slips/trips/falls when it is snowy, icy or wet:

- Be prepared.
- Don't get caught by surprise. Monitor the weather and changing conditions.
- Wear sensible footwear with slip-resistant soles.
- Survey the area around your vehicle for icy patches prior to entering or exiting.
- Beware of black ice.
- If possible, walk around, not through, icy or snowy patches.
- Watch where you are walking; do not use crosswalks or walkways that have not been cleared.
- Remove as much snow as possible from your shoes before entering buildings.
- Focus on your footing; pay extra attention when walking from surface to surface.
- Do the "penguin shuffle." Walking like a penguin can reduce your chances of slipping and falling.



Here's how:

- Point your feet out.
- Keep your head up.
- Slowly take short steps or shuffle.
- Extend your arms out to your sides for balance and walk flat-footed.



Be on the lookout for wet floors. If you encounter a wet surface, shorten your stride, point your feet out and make wide turns.

If you encounter icy areas, spread sand on icy spots. Sand-filled buckets are located at entrances to the on-site buildings. These buckets are not for discarding cigarette butts or trash. If these buckets need to be refilled, call ext. 4357 (HELP).

If the center is closed or a delayed opening is announced due to inclement weather, please remember that non-essential employees will be denied access to the center until the announced opening time so that snow and ice removal can be completed.

To report an icy sidewalk, slippery floor or other potential fall hazard, call ext. 4357 (HELP). All mishaps and close calls should be reported using the NASA Mishap Information System at <https://nmis.sma.nasa.gov/>. If you fall and are injured, please notify your supervisor and go to the WFF Health Unit to report your injury.

For winter storm safety information, see <https://safety.wff.nasa.gov/winter.html> and view The WFF Snow Plan at <https://wiims.wff.nasa.gov/pages/WFFSnowPlan.html>.

Invasive Species—Are you the problem or the solution?

Have you ever released a pet or fishing bait into the wild? Have you planted an exotic looking plant from a garden store in your yard? Have you transported firewood from your yard to a campground in another state? Do you launch your boat in rivers, lakes, and the ocean without cleaning your boat and trailer between launches? If you can answer yes to any of these questions, then you could be contributing to the worldwide invasive species problem.

An invasive species can be any kind of living organism—an animal, plant, insect, fungus, bacteria, or even an organism’s seeds or eggs—that is not native to an ecosystem and which causes harm. They can harm the environment, the economy or even, human health. Species that grow and reproduce quickly, and spread aggressively, with potential to cause harm, are given the label of “invasive.”

An invasive species does not have to come from another country. For example, lake trout are native to the Great Lakes, but are considered to be an invasive species in Yellowstone Lake in Wyoming because they compete with native cutthroat trout for habitat. Even transporting an insect from one portion of the state to another can cause an invasive problem

Invasive species cause harm to the ecosystem in many ways. When a new and aggressive species is introduced into an ecosystem, it often does not have any natural predators or controls. It breeds or spreads quickly, taking over an area. Some invasive plant seeds, bacteria or fungus are able to remain dormant for many years before spreading. Native wildlife may not have evolved defenses against the invader or they cannot compete with a species that has no predators.

Examples of invasive species:



You can help by: 1) Learning to identify invasive species in your area 2) Removing invasive plants from your yard 3) Not purchasing invasive plants. Plant native species instead. 4) Not releasing pets or bait into the wild 5) Buying firewood near your campsite 6) Regularly clean your boots, gear, boat, tires, and any other equipment you use outdoors to remove plants and insects that may spread invasive species to new places.