



AMERIND Risk
Tribes Protecting Tribes



TRIBAL WORKERS' COMPENSATION NEWSLETTER

*A message from
the Chief Executive Officer*



Derek Valdo

Guuwaadzi' Haubaa!

As we celebrate our 30 years of serving Indian Country, we would like to keep you safe as we progress into the winter season. In this newsletter, we provide some great tips on "Avoiding Slips, Trips and Falls". Pass along this vital information to your employees to help reduce workplace injuries and avoid any accidents.

Please feel free to call any one of our staff for questions. We are here to help. As always, we appreciate you choosing AMERIND Risk as your tribal worker's compensation carrier. Tribes protecting tribes is our way of life.

Thank you for your loyalty.

Sincerely,

Derek Valdo, CEO
AMERIND Risk

Avoiding Slips, Trips and Falls

Slip, trips and falls are some of the leading causes of workplace injuries nationwide. During the last five years, AMERIND has discovered about 17% of injuries involved people, for example, slipping on wet surfaces or tripping over objects.

Some of causes of slips include:

- Spills from beverages
- Weather hazards, particularly exterior areas, such as parking lots, sidewalks and stairs
- Loose carpets or mats especially at door entry areas
- Sloped or uneven walking surfaces
- Loose, irregular surfaces, such as gravel or rocks

Some causes of trips include:

- Changes in elevation or levels on walking surfaces, and uneven surfaces
- Rumpled or ripped carpets or mats, or missing or uneven floor tiles and bricks
- Steps that are damaged or spaced irregularly
- Accumulated debris or objects on floor or ground surfaces

Some common causes of fall:

- Standing on something other than a stepladder or stool
- Falling off office chairs that are

damaged

- Improper and unsafe ladder usage, especially while transporting tools or materials
- Use of damaged or defective ladders that should have been removed and destroyed

After years of observing and studying how to prevent such common workplace injuries, the best advice is to be observant of what you're doing at all times and remember safety first, especially when you're rushed.

Also, try not to get too distracted,

especially if you're engaged in a cell phone conversation or reading something that takes away your attention. Condition yourself to stop or find a place to sit down if this happens. And learn how to manage and control your behaviors, especially when you're working under stress and pressure. In these situations, we all tend to walk fast and speed up without watching where we are walking or observing the floor or ground surface.

Lastly, some of us may have reached a life-stage where eyesight or visual



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perception are diminishing, physical capabilities are not quite what they once were, or perhaps even taking medications that may impair or judgment. These pose potential risk factors and need to be considered when engaged in physical activities, including at home.

Paying attention to our immediate surroundings and maintaining clear focus are the best defensive measures of last resort. These become last-chance opportunities to get it right before disaster strikes.

