



February is Personal Injury Prevention

Slips, trips and falls account for about 34% of all Army Mishaps. A majority of these mishaps involve rushing, failure to properly plan, not wearing appropriate protective equipment, failure to pay attention, and horseplay.

SAFETY ALERT: WATCH THIS

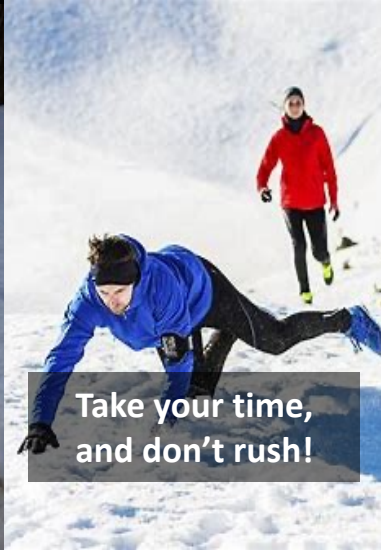


Click the icon to watch the video, or go to: <https://safety.army.mil/MEDIA/Video-Library/Video-Player/VideoId/84/winter-safety-slips-trips-and-falls>

Personal Injury Winter Hazards & Mitigations



Utilize Designate Walk Areas



Take your time, and don't rush!



Keep both hands free for balance



Wear appropriate winter footwear

Safety Tools & Resources

(Click a title to visit the website)



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)

Safety Joke of the Month

Although they say, "safety is no laughing matter," with effective control measures implemented – it can be!

A safety professional never trips, they only conduct random gravity checks!

This month's Safety joke was submitted by: SFC Andrew Guckian, CSTS

If you are interested having your Safety joke published, please submit your joke and contact information to LTC Alexander Prezioso at: alexander.prezioso.mil@army.mil

Physical Fitness Training



Use indoor facilities during inclement weather



Maintain proper hydration to avoid cramps & loss of balance



Wear appropriate clothing and sneakers



Avoid roadways and utilize designated running routes

Winter Work Place Safety



Reduce Wet or Slippery Floors & Surfaces



Maintain Proper Lighting for personnel to walk or work



Avoid creating obstacles in aisles and walkways



Control individual behavior, and avoid horseplay

State Safety Points of Contact

Safety & Occupational Health Manager

Alicia Howard

alicia.l.howard.civ@army.mil

COM: 518-786-6097

DSN: 489-6097

M-Day Safety Officer

COL Shawn Hatch

shawn.c.hatch2.mil@army.mil

M-Day Safety Officer

LTC Alexander Prezioso

alexander.prezioso.mil@army.mil

Safety Specialist

Chuck Austin

charles.b.austin2.civ@army.mil

COM: 518-786-6121

DSN: 489-6121

Occupational Health Nurse

Valerie Schwalbach

valerie.a.schwalbach.civ@army.mil

COM: 518-786-6040

DSN: 489-6040

M-Day Safety Specialist

CW3 David Morton

david.t.morton.mil@army.mil

Safety Specialist

Matthew Williams

matthew.s.williams117.mil@army.mil

COM: 518-786-4329

DSN: 489-4329

Industrial Hygienist

Thomas Phipps

thomas.c.phipps.mil@army.mil

COM: 518-786-4660

DSN: 489-4660

M-Day Safety Specialist

SFC Adama Ilboudo

adama.ilboudo.mil@army.mil

Proponent for this Monthly Newsletter is the NYARNG Safety Team

New York Army National Guard, ATTN: MNAV-OS, 330 Old Niskayuna Road, Latham, New York 12110-3514