Health & Safety Directorate

**Winter Warnings**

Darker mornings and evenings, wet and slippery floors and ice and snow on pathways, can all increase the risk of workplace accidents. In 2017/18, the majority of non-fatal injuries to employees (31%) were caused by slips, trips and falls.

**Sprains and strains**
If your colleague slips and falls they could twist their ankle or wrist or overstretch a muscle.
1. Get the person to rest and elevate the injured part.
2. Apply an ice pack to the injury (but not directly onto the skin).
3. If there is no improvement, seek medical advice.

**Broken bones**
If someone falls and lands in an awkward position, they may have a broken bone.
1. Encourage the person to support and immobilise the injury with their hand, or use a cushion or items of clothing to prevent unnecessary movement.
2. As soon as possible, call 999 or get someone else to do it.
3. Continue supporting the injury until help arrives.

**Head injury**
If someone has fallen and banged their head, they may have pain or a headache, a bump on their head and look pale.
1. Ask them to rest and apply something cold to the injury – for example, frozen vegetables wrapped in a tea towel.
2. Call 999 if they become drowsy, vomit or their condition gets worse.

**Asthma attack**
Asthma attacks can often be triggered by the colder weather.
1. Help the person sit in a comfortable position and take their medication.
2. Reassure the person.
3. If the attack becomes severe, or they don’t have their medication, call 999 as soon as possible.

**Burns**
Many people choose to warm up during cold weather with hot drinks, increasing the risk of burns.
1. Cool the burn under cold running water for at least ten minutes.
2. Cover with a non-fluffy sterile dressing

http://www.hsd.qmul.ac.uk