

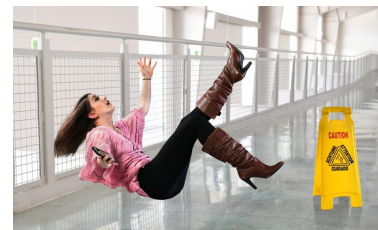


# Risk Management Principles, Advice & Recipes

## Slips, Trips & Falls

One of the top two causes of injuries to caregivers is slips, trips and falls. Wet (and dry) floors, sidewalk cracks, stairs, ice and snow in the parking lot, and even trips over parking lot speed bumps are all common issue. Fortunately, most slips, trips, and falls can be easily prevented by following a few simple tips:

1. If you spill something, immediately clean it up.
2. Wear comfortable, good fitting, non-slip shoes (not all tennis shoes are non-slip).
3. Always make sure you can see where you are walking. Do not carry boxes or other objects that obstruct your vision.
4. Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
5. Always use handrails in stairways.
6. Be especially careful of snow, ice and black ice on sidewalks and parking lots.
7. Be aware that climbing and reaching high places will increase your chance of a fall. Use a sturdy stepladder with handrails when these tasks are necessary.

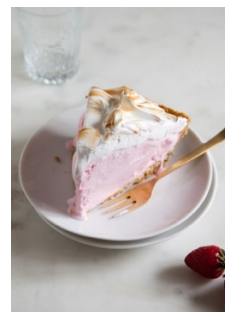


By paying attention to your surroundings and what is going on around you, you may create a safer workplace for yourself and your co-workers.

Source: Minnesota Department of Labor & Industry

## Baked Alaska Pie

- |                                    |                              |
|------------------------------------|------------------------------|
| 8" baked pie shell (one)           | 1 quart peppermint ice cream |
| 2 to 3 tablespoons chocolate syrup | 5 egg whites                 |
| 1 tsp vanilla                      | 1/2 tsp cream of tartar      |
|                                    | 2/3 cup sugar                |



*Spoon ice cream into pie shell. Drizzle with chocolate syrup. Place in freezer until ready to use.*

*Heat oven to 500 degrees F. Beat egg whites, vanilla, and cream of tartar until foamy.*

*Gradually beat in sugar until mixture is stiff and glossy. Completely cover ice cream in pie shell with meringue, sealing well to edge of crust and piling high. (if desired, pie may be frozen up to 24 hours at this point). When ready to serve, bake pie on lowest oven rack for 3 to 5 minutes or until meringue is light brown. Serve immediately. Or return to freezer until ready to serve.*

*Makes 6 to 8 servings.*