

# FREE SPIKIES AGAIN FOR THE 2009/2010 WINTER SEASON!

## Wearing Spikies Prevents Injuries and Saves Money Too!

Due to the continuing success of the free Spiky give-away program, funding has been awarded to continue the program for the 9<sup>th</sup> year in a row!

**WHAT ARE THEY AND WHAT DO THEY DO:** Spikies are slip-on foot traction devices for use on icy surfaces and have more than proven their value for the past nine years at UAA. Many winter slip-and-fall injuries have been prevented and hundreds of thousands of dollars in medical costs have been avoided due to Spiky use. Last year UAA experienced a few reported employee injuries related to slips and falls during icy conditions. Most of the injuries were severe and caused extreme pain and discomfort to valuable employees in addition to many lost workdays. Most of the injured employees knew about the free Spiky program, but failed to either wear the Spikies, failed to pick them up from distribution centers, or were wearing them with the spikes pointing into their shoes or boots instead of towards the ground. The most commonly cited excuse for not wearing Spikies was "I left them in my car." All of those reported injuries could have been prevented if the employees had been wearing their Spikies.

**WHO QUALIFIES:** Free Spikies are for all categories of employees (regular, temporary, part time, and student employees). Statewide, UAF and UAS employees assigned to or near the any UAA campus are also qualified to receive free Spikies. Sorry ... the offer does not extend to students, contractors, and community members who are not employed by the University of Alaska as recorded in Banner. Those folks can purchase Spikies or equivalent traction devices at many local retail outlets, including the UAA Bookstore, for approximately \$18 per pair.

**HOW TO GET THEM:** New employees can pick up their free Spikies at **Human Resource Services** in the University Lake Building during hire or orientation. All employees can also stop at **Parking Services** in the basement below the Bookstore, the **Wolf Card Office** in the University Center, at the **Library Circulation Desk** just inside the main Library entrance or the **Maintenance Dispatch Counter** in the Hartlieb Hall and be rewarded with a free pair of Spikies by showing their Wolf Cards. If the Spikies that you got in a prior year are still serviceable, please don't pick up an additional pair as quantities are limited. Spiky distribution is ongoing this year and employees are encouraged to pick up their free pair before outdoor conditions become icy. **Please do not ask for personal deliveries or sending Spikies through intercampus mail.**

**UAA COMMUNITY CAMPUSES:** UAA community campuses and extensions should coordinate their orders through a single representative and send an e-mail note to Doug Molby at [andsm1@uaa.alaska.edu](mailto:andsm1@uaa.alaska.edu) containing a list of employees and their winter boot or shoe sizes (**use men's numerical sizing**). The Spikies will then be mailed to the coordinator. Any questions can be directed to Doug Molby at his e-mail address above or by calling 786-1335.

### ADDITIONAL SLIP AND FALL PREVENTION STEPS:

1. During icy conditions, slow down and plan more time for travel.
2. Most slips occur when you are in hurry and getting out of your vehicle or upon leaving a building when your feet are warm and a water layer forms under your feet. When getting out of your vehicle, place both feet on the ground before standing or stand outside the building entrance when leaving a building for about ten seconds to allow your shoes to cool down before walking.
3. Most vehicles are equipped with hand holds which can be used to assist you with exiting your vehicle.
4. Be sure to remove your Spikes before walking on hard surfaces in buildings as metal spikes on hard dry surfaces can be slippery.
5. Pay attention to where you walk and avoid slippery areas whenever possible. Do not take short cuts through unmaintained areas even though others may be doing it.
6. All UAA buildings have sand buckets stationed at the entrances, so feel free to shake some sand on icy spots if UAA Grounds crews haven't taken care of your area yet or after hours when Grounds crews are unavailable.
7. Slippery conditions are most prevalent near dawn and dusk because of re-freezing and sand sinking below the new ice layer so be extra vigilant during those times.

**Wear your Spikies during icy conditions to prevent serious injury to yourself and to help keep medical costs down**