

## So, you think you can walk?

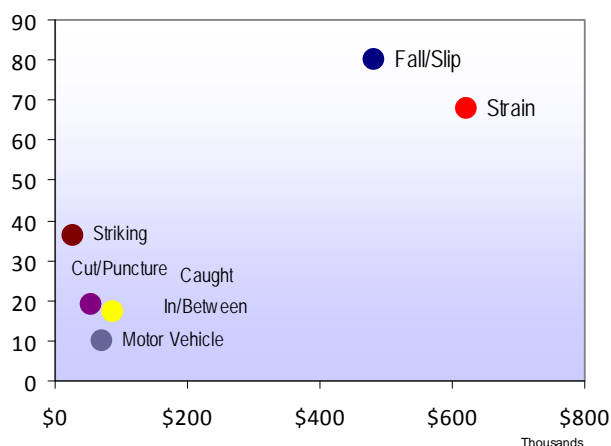


One in every four injuries within our operations is related to slips, trips and falls. These same injuries cost about \$125,000 per year and unneeded loss of quality of life for those who are injured. While most of us spend little time thinking about how and where we walk, it is time to do so. There are risk factors all around us that either increase or decrease our risk of a slipping, tripping or falling. And you thought that you could walk!

### Perception versus Reality

If you ask a group of people how many times they have slipped, tripped or fallen during the course of their lives you will find that almost everyone has at one time or another. If you ask that same group how many times they have been seriously hurt during a fall, the answer is usually very few. As a result, often there is a perception that slips, trips and falls need not be a significant concern.

Unfortunately, the facts will lead you to a different conclusion. According to our Workers' Compensation losses, between 2008 and 2011, claims resulting from slips, trips and falls accounted for 35% (\$483,000) of costs and 28% (80) of all claims. Thus, making slip, trip and fall claims the most frequent and second most costly injury cause for our employees.



### Causes of Newspaper Slip, Trip and Fall Injuries

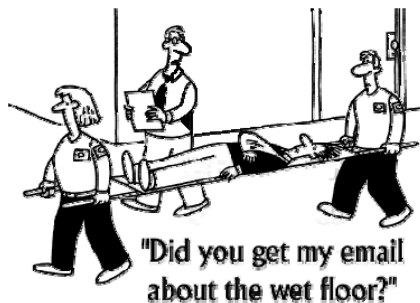
Although slip, trip and fall injuries affect both our newspaper and television divisions, the causes vary considerably. We have created a “word cloud” for our Newspaper claims below right. This cloud includes the top 50 words from our claims. The larger a word is, the more frequently it appears in our claims. However, the general risk factors for each are similar. The general risk factors include:

- Low Floor Friction
- Contamination
- Cleaning/Housekeeping Practices
- Inappropriate Footwear
- Uneven Walking Surfaces
- Heavy Foot Traffic
- Distractions while walking



*While we will learn more in coming additions of Your Safety Matters, for now consider how well you are managing these slip, trip and fall risk factors in your daily foot work. Be safe out there!*

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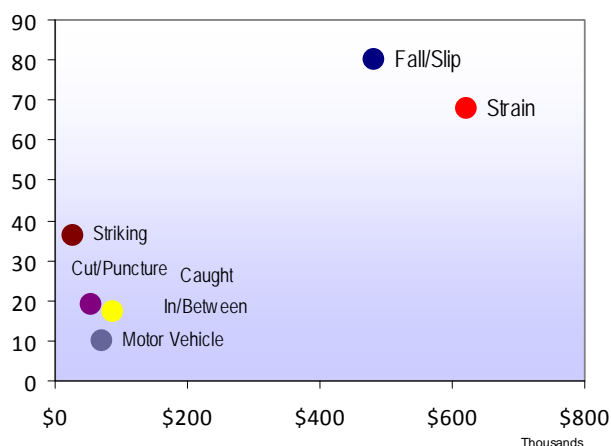


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## Causes of Television Slip, Trip and Fall Injuries

Although slip, trip and fall injuries affect both our newspaper and television divisions, the causes vary considerably. We have created a “word cloud” for our Television claims below right. This cloud includes the top 50 words from our claims. The larger a word is, the more frequently it appears in our claims. However, the general risk factors for each are similar. The general risk factors include:

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- Inappropriate Footwear
- Uneven Walking Surfaces
- Heavy Foot Traffic
- Distractions while walking



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