



# Fall / Winter Safety

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### Important Dates:

- 10/14 Columbus Day
- 10/31 Halloween
- 11/5 Election Day
- 11/11 Veteran's Day
- 11/28 Thanksgiving
- 12/7 Pearl Harbor Day
- 12/25 Christmas
- 12/31 New Years Eve

As we get into the autumn months, we know that many leaves are falling. Sometimes leaves are wet, or fall on wet areas, adding to the slip and fall hazards outside and inside our buildings. Make every effort to control the accumulation of wet leaves, especially on walks and near building entrances. Leaves should be cleared out of any roof gutters or downspouts, so water, snow and ice is less likely to accumulate and create a safety hazard. Also, clear the inside areas where wet leaves that may be carried into the building on boots and shoes.

When winter hits we all know how messy and dangerous thing can get. Ensure all entrance areas, sidewalks and parking lots are cleared of ice and snow. Ice-melting materials should be used when necessary. Be aware of roof overhangs and roof drainage areas where snow and ice may collect. These areas should be checked regularly and cleared of any overhead accumulation of snow (which could fall on people below). Keep an eye on weather reports and take pro-active steps to deal with approaching weather. Potholes and cracks in parking lots, on sidewalks, or on landings by entrances should be repaired before the snow starts falling this winter. These unlevel areas can be hidden by a light snowfall, increasing the chance of someone tripping and falling. Be aware of water and snow that is tracked into the inside of buildings. Water on wood, terrazzo or tile floors can be very slippery. We recommend using carpet runners in wet areas to reduce the chance of slippery floors. Attending to wet floors should be a daily preventative maintenance activity, especially in the winter months.



- Fall Foliage Walk
- Raking Leaves
- Ice Skating
- Apple Picking
- Snowshoeing
- Skiing (cross-country)

## HEALTHY RECIPES FOR FALL & WINTER FOODS

### Warm Sweet Potato, Apple, & Sausage Salad

#### INGREDIENTS

1 pound sweet potatoes or yams, peeled and cut into 1/2-inch pieces (3 cups), 1 small onion, cut into thin wedges, 2 tablespoons margarine or butter, 1 pound cooked smoked turkey sausage, cut diagonally into 1/2 inch-thick slices, 2 medium cooking apples, cut into wedges, 1/2 cup bottled sweet-and-sour sauce, 1/2 teaspoon caraway seed, 6 cups torn fresh spinach.

#### DIRECTIONS

1. In a large skillet cook sweet potatoes and onion in margarine over medium heat about 10 minutes or until tender, stirring occasionally.
2. Stir in sausage, apples, sweet-and-sour sauce, and caraway seed. Cook, covered, over medium heat about 3 minutes or until apples are tender and sausage is heated through, stirring occasionally. (If mixture seems thick, add water, 1 tablespoon at a time, to make desired consistency.)
3. Place spinach on a large serving platter. Top with sweet potato mixture.



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