

Chapter 1 : Slip And Fall Injuries At The Gym

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Chapter 2 : Commercial Flooring Products | Armstrong Flooring Commercial

Migos - Slippery feat. Gucci Mane [Official Video] Migos ATL. Migos - Bad and Boujee ft Lil Uzi Vert [Official Video] - Duration: Migos ATL ,, views.

With heavy weights, large machines and energetic classes, people get in shape or maintain their health with all that gyms offer. Unfortunately, with any activity, there are potential risks involved. When signing up for a gym membership, there will be a liability waiver to protect the gym from any liability claim that may occur from an accident. Thousands of people are hurt each year in gyms and exercise classes which may result from negligent management and poorly maintained gym equipment or floors. Due to the many scenarios that can happen while working out, gyms have formulated a plan to protect themselves from any claims that may arise. So what exactly are you signing up for? Liability waivers are legal contracts that effectively forbid members and their guests from filing any legal action against the gym ownership or management. Owners often conceal the waiver of liability in between locker assignment forms, key deposit agreements and rights and responsibilities cautions. Before you decide to join your local gym, read the waiver of liability, ask for a copy to take home and study. Gyms have no legal responsibility to give you their insurance information. The probability in court of you winning against the gym is low due to this waiver. To prevent further action, the insurance company will require you to sign a full release of liability and indemnification against any lawsuit that you may want to file later. Does that mean you are at a total loss? Not completely; there are exceptions to the waiver [1]. Exceptions to the Waiver Vague and Ambiguous Language: This is an uncommon case, since attorneys for gyms, fitness clubs, exercise centers, yoga and Pilates studios, etc. According to the National Safety Council , falls are a leading cause of unintentional injuries nationally and are quite common in gyms. There are many hazards in these locations that can severely harm you and rob you of your quality of life. Some of the common hazards include: These hazards can lead to life-altering injuries, such as brain injuries, broken bones, spinal cord injuries, back problems, etc [3]. Dolman Law Group If you or a loved one was injured in a trip or fall at the gym , and believe it was due to negligence, call Dolman Law Group today. Most of us have fallen at some point in our lives, whether due to our own clumsiness or because of a poorly placed object or slippery floor. While most falls are minor and may result in simple bumps or bruises, sometimes they can result in serious injury. It costs nothing to speak to a skilled personal injury attorney for a professional evaluation of your case. When these accidents occur because of the negligence of a property owner or other party responsible for the maintenance of a property, victims may be able to recover for their injuries by filing a personal injury lawsuit. You may be entitled to a large cash settlement for your medical bills, lost income, pain and suffering. Call today while evidence is not obscured and the facts are still clear. The number is

Chapter 3 : Slippery When Wet Signs, Wet Floor Signs

A: A. A. A bisel, a bisl. A little, some. A biseleh. A very little. A brokh. Oh, hell. Damn it. A curse. (Hebrew)A brokheh. A blessing (Hebrew)A chorbn. Disaster.

View all concrete floor videos Are Concrete Floors Hard? Get ideas on where to install concrete flooring. Are concrete floors cold and damp? Concrete can be cold, but no more so than ceramic tile or natural stone flooring. For example, you can embed radiant heating cables in concrete floors to keep them toasty warm in the winter. Are concrete floors loud and hard on the feet? In a commercial or warehouse setting, hard is good. You need a hard surface that can stand up to forklift traffic and heavy foot traffic. For a residential floor, you can help cushion concrete with area rugs, which are easier to clean than wall-to-wall carpet. Are Concrete Floors Loud? Concrete floors can be loud and produce an echo effect, but no more so than ceramic tile, natural stone flooring, and some hardwood or bamboo floors. You can muffle the echo effect by using sound-absorptive materials in the room, such as area rugs, curtains, pillows and wall fabrics. Are decorative concrete floors expensive? When compared with high-end floor coverings, such as ceramic tile, slate and marble, decorative concrete is often an economical alternative. Plus, skilled concrete artisans can duplicate the look of these pricier materials. The life expectancy of a concrete floor will also far surpass that of low- to mid-priced floor coverings, such as carpeting, vinyl tile and wood laminates. See this overview of the average costs for installing basic to high-end decorative concrete floors. What Do Concrete Floors Cost? Is decorative concrete flooring maintenance-free? How much maintenance your floor will need largely depends on the amount of traffic it receives. The maintenance needs of a residential floor will be much different than those for a floor in a high-traffic commercial or retail environment. In most cases, residential floors experience light foot traffic, and a simple cleaning regimen of occasional sweeping and damp mopping will keep concrete floors looking like new for many years. Protecting concrete floors with a good sealer and a coat of floor finish or wax will make them even more resistant to stains, chemicals and abrasion. In areas of heavy traffic, such as entrances and foyers, you can reduce maintenance and wear and tear by using floor mats, both inside and outside of the entryways. Look to Your Surroundings.

Chapter 4 : Top 20 Best College Party Themes and Ideas - YouQueen

To make your party one of the best ever, put in some effort - arrange the dorm rooms as a different part of the world (e.g. one can be China, the other Cuba, the third one Japan), and ask the guests to dress according to one of the places, and serve drinks and play music that is specific for that place.

Contact Us Walmart Slip and Fall Lawsuit Settles for A Confidential Amount If you ever fall due to water on a floor, did you know that taking pictures of the water on the floor is very important in order to prove negligence? A middle aged woman was walking in a Walmart located in Sunrise, Florida. As she was walking in the produce section, suddenly and without warning, she slipped and fell on the ground. After she fell she realized her clothing was drenched in water and that there were large puddles of water all over the floor. In addition, there was no wet floor sign informing customers of any slippery conditions on the floor. Unable to get up, the ambulance arrived on the scene and transported the victim to a nearby hospital. Fortunately for the victim, her daughter took pictures of the puddles of water on the floor. This would prove to be the most important part of settling her case. At the hospital, the victim was diagnosed with contusions to the neck and back. One week after being released from the hospital the victim was still suffering from pain in her neck and back. She sought the care and medical attention of a local chiropractor in Sunrise, Florida. Since the MRI showed positive findings for injury, the victim was referred out to an orthopedic surgeon. The surgeon gave the victim two options to treat her pain. The first option was to undergo a cervical fusion. The second option was to undergo a series of three epidural injections. Because the victim was scared of surgery, she elected to undergo cervical epidural injections. After the injections the victim felt immediate relief in her neck from pain. Victim Hires the Sunrise Slip and Fall Attorneys Dell and Schaefer After the fall, the victim received a telephone call from Walmart asking her about her injuries and the fall. Our client made a big mistake in talking to Walmart without first contacting an attorney. Nevertheless she gave a statement. Within one week after speaking with Walmart, she received a letter denying liability in the matter. One of the original questions asked by the attorney was whether any pictures were taken of the accident scene. Fortunately, the victim was able to provide her attorney with clear pictures that showed water all over the floor and also showed the failure of Walmart employees to put any wet floor signs anywhere that informed customers of the slippery conditions of the floor. Our firm demanded a large sum of money to compensate our client for bodily injury, aggravation of a preexisting injury, pain and suffering, loss of consortium, disability, mental anguish, past and future medical expenses, lost wages, and impairment of ability to earn future wages. Walmart, who had previously denied the claim were now completely aware that we had pictures of the accident scene. After extensive negotiations, Walmart offered a confidential amount to settle her claim. Our client was absolutely thrilled that she could recover a life changing amount of money, and was also able to recover from her injuries with epidural injections rather than any invasive surgical procedures.

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Since your dog spends all their time on the floor, this surface is one of the most important parts of your home to consider. Many dog guardians have seen their dogs slip out on these floors on occasion " whether coming in from outside or playing indoors. Dogs do not have great traction on slippery surfaces per se, and hairy feet are even more slippery. Imagine walking on a curling rink, and imagine how you might walk and compensate to prevent from slipping and falling! Options and solutions for addressing these concerns is presented below, along with special concerns for various aged dogs, or dogs with orthopedic bone or nervous system disorders: Senior dogs often have joint disease including osteoarthritis. Arthritic joints often benefit from gentle activities that help promote healthy range of motion. Slippery flooring prevents a dog from getting enough traction to adequately bend and move their joints normally, thus increasing the chances of loss of joint mobility loss of knee flexion, elbow flexion and loss of hip extension. Slips and falls on these floors can also result in painful spinal issues too, potentially contributing to spinal disc issues cervical or neck area, or upper, mid or lower back and pelvis. Puppies are basically loosey-goosey gumby-like creatures, and they are very prone to the effects of slippery floors. Puppies sliding around on hardwood floors have a greater chance of moving their joints beyond the physiological limits of joint motion ie. Shoulder instability as with some herding breeds can also be worsened on these floors too. Populations of Special Concern. Small dogs often jump up onto furniture, and jump off. Area rugs below furniture can help, but the best option is to train your dog to use a set of firm stairs or an intermediate slighter lower-than-the-couch option like an ottoman to get off the couch. Jumping onto a slippery floor, as you could imagine could be disastrous " leading to splaying out with their front legs or slipped discs in their backs intervertebral disc disease. Dachshunds prone to disc protrusion with their long backs should not be allowed to jump off high furniture, and certainly not onto hardwood or tile. Dogs rehabbing from orthopedic injuries like knee or hip surgery or neurologic injuries like back surgery should have a restricted area that can include an x-pen or foldable pen if their activity is still restricted in the early stages of healing, and certainly mats on the entire floor surface to prevent slipping and injury to surgical site. Hesitancy " Is it Behavioural or Orthopedic? If your floors are newly installed, your dog may have some anxiety regarding walking on them, and could use some help, and if they are younger, older, or have an orthopedic condition, this should be evaluated and considered as well. A thorough physical examination by your veterinarian or rehabilitation therapist will help you determine any underlying physical issue that may be causing the anxiety like sore hips, poor eye sight. Options to consider include placing rubber backed mats on floor areas in all high traffic and feeding areas, and areas where you and your dog enter and leave the house icy, snowy paws on tile or hardwood act like skates. Hardware stores sell mats by the roll, and this mat does not look out of place in most homes, even modern ones. Double sided tape may be used to secure mats to the floor as well for extra slippage protection. Footwear options for indoors should include a breathable, fitted boot that does not restrict circulation. I do not endorse certain products per se, but I do love Neopaws boots www.neopaws.com. Customer service at this company is wonderful. A Note About Hardwood Stairs. I generally DO NOT consider stairs covered with hardwood or tile to be safe, and many injuries to knees and backs and necks have occurred on them. Runners applied safely by a professional may be applied. Some stick-em varieties of carpet overlay may be applied to the top of the step, but care to ensure that these pieces of carpet do not slip out or loose their stickiness, spelling disaster for any human or canine walking on them should they stop sticking and slide out. If runners cannot be applied, then barricade the stairs to prevent your dog from using them needlessly, and ensure when your dog uses the stairs try footwear, but ensure it fits well , they do so in a controlled manner. This document may not be reproduced, distributed or copied without permission from the author. Copyright October Dr.

Chapter 6 : Dancing on Bad Floors

A slip and fall accident is a particular type of personal injury, or tort case. If a person trips, falls and is injured on someone else's property, there's a chance a lawsuit will be filed and damages awarded.

Here are some suggestions sent in by readers or picked up on the net. We invite you to send in any good suggestions that we have not yet mentioned! Generally speaking, there are 3 approaches: Apply a temporary fix to the shoes you are wearing. We go into full detail below. The best cure is to wear a different pair of shoes -- different sole materials give amazingly different amounts of slip versus grip. Advantages to this approach: And it requires owning multiple pairs of shoes, each with different soles, which requires extra spending. If you are a regular visitor to a slippery floor, keep trying different shoes each time you go until you find a pair that give you just the right combination of slip and grip. For informal Swing dancing venues, you can even wear sneakers. New running shoes are usually too "grippy". All ballroom dance shoes come with thin suede on the soles. A regular fuzziest suede works even better when dealing with slippery floors. Temporary fixes to your shoes. The above is all well and good if you can arm yourself ahead of time with the right pair of shoes. If wearing plastic or smooth leather soled shoes that are too slippery, go to the bathrooms and wet a bit of toilet paper, wipe it on the soles and then wipe dry with another piece of toilet paper. Just stand there and slide your feet back and forth for a while, and twist them, too. These clever little things slip onto the front of your shoes like a muzzle, adding suede soles to the front of your shoes. Keep a pair in a pocket whenever you go out somewhere that might involve dancing. On slippery floors, you might try the following: Take smaller steps than usual. The slipperier the floor, the smaller the steps. Any rock-steps should be really tiny, which means making the steps before and after the rock-step small also. Bend your knees more than usual for better balance like martial arts folks. NEVER sprinkle powder, boric acid, or any similar stuff on a dance floor to "cure" a surface problem -- it creates dangerous, invisible, super-slippery patches for others. If the floor is really bad, tell the dance organizers and let them deal with it, so that the whole floor gets treated in a consistent way. NEVER put wax on the bottom of your shoes -- it transfers to the floor and creates dangerous, invisible, super-slippery patches for others. If you have been dancing or practicing on a waxed floor, NEVER wear those shoes to a real dance place -- again, the wax will transfer first to your shoes and then to the other dance floor, creating dangerous, invisible, super-slippery patches for others. Instead, reserve one pair of shoes just for the waxed floor, and wear different shoes on all other floors. How to tell if a floor has been waxed? Onward to some positive and pragmatic suggestions: Put on the slipperiest-soled shoes you own. Dress shoes with new leather soles are slipperiest. Suede-soled ballroom dance shoes are probably next best, especially if the suede has lost most of its nap. Swing shoes and Capezio Dansneakers are probably next. If you have worn-out running shoes or sneakers, try them next. But regular sneakers, running shoes, all other kinds of athletic shoes, LLBean boots, hiking boots, and Topsiders are all terrible -- you might as well be wearing golf spikes on carpet. See our DIY Suede Soles page for a description of wonderful stick-on soles disks, actually made from slippery plastic that completely cures the rough and sticky floors problem. They are available at Soles2Dance. Highly recommended after 6 months of personal testing. However, note that they are semi-permanent. You will need a dedicated pair of shoes or sneakers for them. Most of these cures involve finding some slipperier stuff and sticking it on the bottom of your shoes. If you have a limited supply of stuff to stick, put it on the shoe that gets the most pivoting, starting with the ball of that foot. Gaffer tape aka gaff tape. This is currently our favorite temporary solution. Gaffer tape is high quality, fairly expensive tape that looks like a cloth version of duct tape. Unlike duct tape, it does everything well: It sticks really well on the soles of all shoes, including extremely uneven sneaker soles. Best of all, it makes shoes or sneakers just the right amount of slippery, even on good floors. This means you can use it to convert ANY pair of sneakers or shoes into dance shoes temporarily! So what is this stuff and where do you get it? Gaffer tape is used mostly by the electrical folks gaffers on film and video shoots, as well as by music crews, to tape down their cables, and, apparently, by bookbinders. It is available at art supply stores, or online from film and video suppliers such as Markertek. The good stuff works well e. A single roll will last a year. Get the cloth version nice amount of slip , not the

vinyl version too much grip. White is the only good color! The colored versions black, blue, gray, whatever are always less slippery, more grippy, perhaps because of the pigments. Sam Flax stores in NYC sells it or you can find it online. This is not a cheap solution, unfortunately, and it requires planning ahead just to find the tape, so you might want to share a roll with friends. It also helps to carry a small pair of scissors to trim around the soles of your shoes, if you value a tidy appearance. It is used for mending tents, backpacks, etc, and comes in several colors, including black and clear. A good way to use it is to make a template of the sole of your shoes, just the ball and toe area. Cut the Tenacious Tape to match your template, peel off the backing, and stick it on the bottom of your shoes. It stays on for many wearings, but can be peeled off without leaving sticky residue! Of course, it lasts longer and stays nicer if you use your shoes only for dancing, not on the street. Buy the largest size you can find This simple, brilliant trick will turn most sticky floors into a slippery delight. So effective that it even works on the "marley" rubbery linoleum floors in ballet studios. Sometimes the result can be TOO slippery, so try experimenting with nylon versus cotton peds. You can probably even come close to color-matching your shoes if you want to. Yes, it feels really weird to stretch a pair of peds over your shoes, especially for us guys. Peds are so small and lightweight that I now keep a pair of black peds in my shoe bag at all times, just in case. You know those adhesive "Hello, My Name Is Grab a few and slap them on the soles of your shoes. Cut or tear off the excess. Not the best of solutions, but quick, cheap and handy. No, not the bandaids, the moleskin. Cut off a large-enough piece and slap in on the soles of your shoes. Before cutting the moleskin, you can place it under your shoes fuzzy side down and trace the shapes you need. It comes in sheets of about 4" x 6". Most of us use bandaids instead, but moleskin works better. It has recently become almost impossible to find in the big-chain pharmacies -- CVS has stopped selling the good brands and now only sells their own cheapo brand that has a nasty adhesive. Independent pharmacies still carry it such as the family-owned Skenderian Apothecary, Cambridge St. You might also be able to find it in outdoor-gear stores and the like. Note that molefoam -- same thing but with a much thicker foam backing -- is too thick, and not good for this purpose. Adhesive-backed stiffened FELT from the local crafts store. Costs about a dollar. Much cheaper than moleskin. Stick it to your shoes and trim to size. Ron Wilcox of Fairfax, VA, tells us the effect is similar to suede but a bit "faster," and pretty long lasting, too: It also works to make sneakers or rubber soled shoes usable on good dance floors, such as when you forget to bring your dance shoes along on a trip. This stuff comes in rolls about half the width of duct tape. Slap some strips on the soles of your shoes; trim to size. Get the wide rolls. Slap it on the soles of your shoes; trim to size. This stuff will make your shoes extremely "fast" slippery , but it may rough up a little as you wear it. This might leave some semi-permanent adhesive residue on your shoes; you might want to test it on an old pair of shoes or sneakers first.

Chapter 7 : Sorry, this content is not available in your region.

Slippery floor signs help prevent these accidents from occurring by warning personnel of a potential slip and fall hazard. Choose a sign with the proper OSHA header depending on how hazardous conditions may be.

Chapter 8 : Boat Flooring | Lightweight Easy to Install

Common examples include carpet tears, slippery floors, debris on the floor, and broken tiles. Poor floor cleaning and maintenance: Improper housekeeping and inconsistent floor maintenance schedules increase the possibility of a slip and fall mishap.

Chapter 9 : Concrete Floors FAQs - The Concrete Network

Fell at work on slippery floor with no rug or caution signs As I was getting ready to leave work, the floor was wet due to rain and there were no signs or a rug near the Slip and fall exiting hospital.