

Slips, Trips, Falls

Everyone Is at Risk

More than 200,000 people in the United States are injured on the job from slips, trips and falls every year. In fact, fall injuries rank second only to auto accidents.

Application: People who work in high-risk environments are more likely to be injured by falling than by job-related hazards. Most slips and trips end up in falls, but they each have special qualities that should be addressed.

Slips

A slip occurs whenever there is too little friction or traction between your feet and the surface you are walking on. Three common causes of slips are:

1. Constantly Wet Surfaces

- Shorten your stride to keep your center of balance under you.
- Walk with your feet pointed slightly outward, creating a stable base.
- Make wide turns at corners.

2. Occasional Spills

- Wear slip-resistant footwear appropriate for your job.
- Use abrasive strips to increase traction.
- Post signs to warn of wet areas.
- Clean up spills when you see them.

3. Weather hazards

- Slow down to react to a change in traction.
- Wear good quality work boots with slip resistant soles.
- Wear sunglasses when outdoors or in ice and snow to help you see possible hazards.
- Be careful of wet shoes on a dry floor.

Trips

Trips can occur whenever your foot strikes an object and your momentum causes you to be thrown off balance.

Trips are most commonly caused by:

1. Lighting

- Always ensure that there is adequate illumination.
- Don't forget to replace burnt out or defective light bulbs.
- Use a flashlight when needed.

2. Housekeeping

- Walkways must be kept free of objects and clutter.
- Carpet should be tacked or taped down.
- Cables and wires should be covered or raised off of the floor.

Falls

Falls can happen anytime you're off the ground and not protected from the fall. Use Fall Protection equipment when needed.

Two of the most common fall hazards are:

1. Ladders

- Make sure stepladders are locked into position, use it properly.
- Check the rungs to make sure none are broken, cracked, damaged or dirty.
- Use a stepladder tall enough to avoid using the top two rungs and over-reaching to do the job.
- Always ensure that the ladder is level on the surface that you are working from.

2. Stairs

- Take one step at a time.
- Make sure that your front foot is firmly planted before shifting your weight on it.
- Always use the handrail.
- Keep stairways free of clutter.

Summary

People who work off the ground know the dangers of their work and are more cautious when moving around. But the closer to the ground people get, the less attention they

pay, and the more likely it is that a fall will occur. There are many hazards and possible situations that have not been mentioned. Always be on the lookout for hazards. They may be only one step away.

Date:	Company Name:		
Project Number/Name:	Meeting Location:	Person Conducting Meeting:	

Items Discussed:

Problem Areas or Concern:

CREW SIGN-OFF

Supervisor: _____

Date: _____

Crew Members: _____
 Crew Members: _____
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