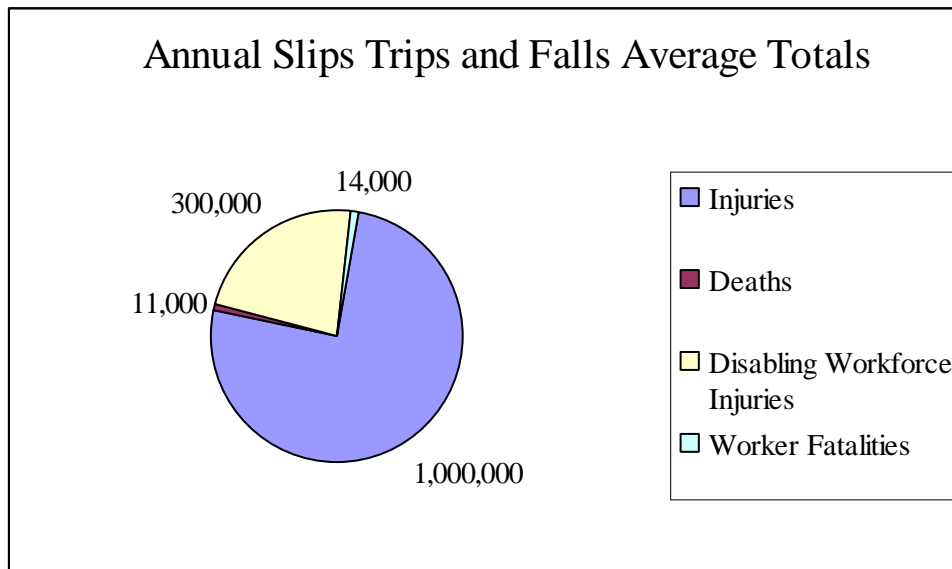


## Preventing Slips Trips and Falls

Every year in the United States, slips, trips, and falls are responsible for and estimated:

- 1 million injuries
- 11,000 deaths
- 300,000 disabling workforce injuries
- 1,400 worker fatalities
- 15 to 20 percent of all workers' compensation costs



### Slips Trips and Falls Defined

- Slip: A loss of balance caused by too little friction between a person's foot/feet, and his/her walking surface
  - Trip: A loss of balance caused by the interruption of the movement of a person's foot by an obstacle
  - Same Level fall: A slip and a fall, trip and fall, or step and fall
  - Elevated Fall: A fall from any distance, such as from a ladder, down stairs, off equipment, or from docks, trees, roofs or other heights
- Same level falls have a higher frequency, but are associated with lower damage
- Elevated falls have a lower frequency, but are associated with higher damage

**Causes:**

**Poor Housekeeping**

- Spilled liquids
- Items in aisles or on steps
- Poorly anchored floor mats



Slippery item on steps



liquid on floor



Too Dark



Too High



Glare

**Inadequate lighting:**

- Too dark
- Glare

**Improper use of equipment:**

- Ladders
- Scaffolds
- Vehicles
- Plus many others



Unauthorized use



Unauthorized use



Unauthorized use



PPE missing



PPE and Fall Protection missing

"Personal Protective Equipment = PPE"



Unsafe carrying



Hard hat missing  
Fall Protection missing



Cell phone use while working



Being in a hurry can cause accidents

**Bad habits:**

- Taking shortcuts
- Being in a hurry
- Not paying attention
- Coworker distractions
- Not staying focused on the task



Day dreaming



Distracted - shredding Important documents



Decision making - distracted? not a good combination



Diverting your attention



Personnel distractions

## The Solution

**Each person should have the ability to do their part in preventative maintenance**

- Keep work areas neat and tidy
- Keep work areas well-lit
- Use equipment correctly
- Develop good and safe work habits
- Eliminate clutter from aisles



Clean floors,



Clean computer rack areas



Clean office area's

### **Keeping work areas neat:**

- Eliminate clutter from aisles
- Keep floors clean and dry
- Use caution signs on wet floors
- Use secure, non-slip mats
- Eliminate protruding nails, splinters, or loose boards
- Use extra precaution when using electrical cords
- Block off or mark hazardous areas



Wet Floor



Radiation warning

**Keep areas well lit**

- Keep work areas, stairs and aisles well-lit
- Avoid wearing sunglasses indoors

**Use Equipment correctly**

- Ladders
- Scaffolds
- Stairs
- Vehicles
- Loading docs

**Ladders:****Always follow the Centennial Ladder Policy**

- Don't use makeshift ladders. Use the right ladder for the job.
- Check ladders for cleanliness and condition
- Use care near doorways
- Tie down ladder for extra security
- Use arch of foot on rungs
- Hold on to side rails with at least one hand
- Face ladder when climbing
- Carry tools in a tool belt or pull them up with a pulley system after you have reached your destination
- Don't reach out too far
- Never use metal ladders near electrical lines or current producing devices
- Hold on when climbing on or off
- Step down backwards

**Scaffolds:**

- Check condition
- Lock wheels
- Look for slippery surfaces
- Do not overload
- Do not sit on railings
- Get off before moving
- Use safety devices

**Stairs:**

- Look where you are going
- Take one step at a time
- Hold handrails
- Keep steps clean and dry

### **Loading Docks:**

- Use portable railing
- Be aware of traffic patterns
- Keep area as clear as possible
- Stay alert

### **Shoes:**

- Wear appropriate shoes for the conditions:
- Soft neoprene soles for most wet and dry surfaces
- Hard rubber soles for greasy concrete or wood
- Soft rubber soles for dry surfaces
- Crepe soles for rough wet or dry concrete



General Work Boots



Ice Cleats



Steel Toe Shoes

### **Use traction increasing devices:**

- Strap-on cleats
- Chains for ice

### **Falling Safely**

#### **If you fall forward:**

- Tuck your chin in, turn your head, and throw an arm up
- It is better to land on your arm rather than your head

#### **While falling:**

- Twist or roll your body to the side
- It is better to land on your buttocks and side rather than on your back
- Keep your wrists, elbows and knees bent
- Do not try to break the fall with your hands or elbows



**The objective is to have as many square inches of your body contact the surface as possible because this spreads out the impact of the fall**

**Overview:**

**Prevent slips, trips, and falls by developing good habits:**

- Practice good housekeeping
- Maintain adequate lighting
- Use equipment properly
- Work carefully
- Be observant
- Follow safety rules
- Take responsibility