Preventing Slips, Trips & Falls

ADOOSH OUTREACH TRAINING

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Hazards are Everywhere

Wet floors, an open drawer, slippery shoes, an icy walkway — all can lead to serious, painful injuries in the workplace. Protect yourself and your co-workers by learning how slips, trips and falls occur and what you can do to report or clean up hazards.

Slips, trips and falls account for more than 20% of all non-fatal occupational injuries involving days away from work.

Approximately 10% of fatal occupational injuries for all industries were attributed to fall from a height.

Slips, trips and falls are one of the leading causes of accidents in the workplace, accounting for at least 20% of all worker’s compensation claims.
Causes for Workplace Slips, Trips and Falls

- A Lack of Safety Awareness
- Unsafe Conditions
- Unsafe Behaviors

BE CAREFUL
THE BEST SAFETY DEVICE IS A CAREFUL WORKER, GET THE SAFETY HABIT
Watch your step!

- Slips – happen when there is too little friction between your feet and the ground.

- Trips – happen when something halts your motion.

- Falls – happen when your body is in an unstable position.
Reducing Slips, Trips and Falls

- Stay alert and aware of your surroundings
- Get plenty of rest
- Manage stress
- Avoid alcohol and drug use
- Take appropriate breaks
SLIPS, TRIPS, AND FALLS
Preventing Slips

If you must work on wet surfaces

• Make wide turns at corners
• Walk slowly and take short steps
• Keep your feet pointed slightly outward
• Keep your hands free for balance
• Wear appropriate slip-resistant shoes
Preventing Slips

When the weather creates hazardous walking conditions

• Keep your hands free for balance
• Wear shoes with enough traction for the ground condition
• Wear sunglasses on bright days, especially if the ground is covered with snow or ice
Preventing Slips

Examples of preventable slips

• Wipe shoes thoroughly on rugs
• Wipe up spills (even small one) – even if it is not your spill
• Mark spills/slippery area until cleaned up
• If you see a hazard on the floor, clean it up
Preventing Trips

Trips are caused by taking shortcuts, poor lighting and loose footing

• Walk in designated areas
• Make sure you can see where you are going – and look ahead
• Carry only loads you can see over and doesn’t hinder your movement
• Remind yourself to slow down and pay attention
Preventing Trips

Keep areas well lit and clean. Proper lighting helps avoid potential hazards

- Turn on lights every time you enter a room
- Replace light bulbs when they burn out
- Keep all work areas & walkways clear of boxes, bags, papers, cords, etc.
- Watch for curled rugs, chipped flooring, etc.
- Close file drawers and cabinet doors after each use
- Correct or report potential trip hazards
Preventing Falls

Falls happen when your center of gravity is in an unsupported position. Use the right equipment for the job

• Find out equipment needs ahead of time
• Follow safety warnings on equipment
• Keep your center of gravity supported
• Keep your arms and legs as close to your center of gravity as possible
Preventing Falls

Use ladders safely. Follow the 1-to-4 rule. The base of the ladder needs to be placed 1 foot from its support for every 4 feet of ladder.

• Inspect ladders before using
• Set and secure the ladder on stable ground
• Have someone hold the base of the ladder
• Never use the top rung of the ladder for standing
Preventing Falls

Examples of preventable falls

- Don’t stand on chairs or tables with wheels
- Don’t stand on furniture not intended for standing/climbing
- Don’t sit on banisters
- Report/repair uneven or wobbly furniture
Your role in Prevention

Make lifestyle decisions that include getting adequate rest, staying focused on your task and keeping stress under control.

• Stay focused on your task at hand
• Take short breaks to allow for refocusing
• Rest your mind and body
• Manage stress and fatigue
Make Safety a Habit

To stay safe on the job and at home, make safety part of your daily routine.

• Grip handrails with all your fingers and thumb
• Look a head when climbing stairs without lifting our head back. This tends to lean the body backward.
• Carry only loads of a comfortable weight
• Stay in shape and control your weight. Maintaining muscle and weight helps control your center of gravity and balance
• Pay attention to signs and warnings
Safety is Up to You
Preventing accidents and injuries in the workplace involves teamwork.

You and your co-workers need to work cooperatively to identify, report and correct unsafe conditions and behaviors.

Make a commitment to yourself to develop an awareness of potential hazards.
Questions