

Slips, Trips and Falls

A wide-angle photograph of a beach at sunset or sunrise. The sky is filled with soft, wispy clouds in shades of blue, orange, and pink. The sun is low on the horizon, creating a bright glow. The wet sand of the beach reflects the colors of the sky and the clouds. In the distance, there are some rocks and a forested coastline.

Slips, Trips and Falls

- Are one the leading cause of work related injuries and fatalities.
- Approximately three workers are fatality injured every work day in the U.S.
- Over 300,000 fall injuries annually.
- Falls accounts for 12% of all fatalities at work places

Prevention

- Ways to Prevent Slips, trips and Falls
 - Pay attention to your surroundings
 - Look where you are going when you walk
 - Do not engage in activities that distracts your attention
 - Do not read, write, text, or dial while you are walking
 - Walk carefully and slowly when you transition from one type of walking surface to another

Prevention

- Adjust your walking pace and stride
- Take extra care when you come indoors with wet shoes
- Slow down and take small careful steps if the surface is uneven, cluttered, slippery or on an incline
- Maintain clear, tidy work areas free of clutter
- Follow good housekeeping procedures by cleaning up and throwing out debris and material while you work

Prevention

- Fix hazards such as small spills and cluttered walkways if you are able to do safely
- Use caution when entering or exiting vehicle and equipment and when climbing and descending ladders
- Report hazards promptly

Fall Mishaps

- Same level falls and falls through walkways and other surfaces.
- Falls to lower levels.
- Falls down stairs.
- Falls from/onto equipment, structures, or objects.
- Falls from ladders
- Falls from moving or non-moving vehicles.
- Falls on deck of Motor Vessel

Recommendations

- Regular inspections of work and walking areas
- Proper Footwear
 - Soles in good condition
- All slips, trip, and falls should be reported immediately and corrective actions taken

Prevent Falls From Equipment

- Keep steps clean and as dry as possible
- Have good hand hold
- Always face the vehicle
- Use “Three-Point Contact”
- Step down backwards, never jump down forward

What can you do?

- If something is creating a potential slip, trip or fall hazard fix it (clean it up or move it.)
- Place signs to warn others of the potential hazard
- If you can not fix it report it immediately

Same Level Falls

- Slips:

- Occur when there is little or not enough friction or traction between footwear and walking or working surfaces.

- Trips:

- Occur when there is a loss of balance due to contacting an object or obstruction.

Slips

- Causes:
 - Poor Housekeeping
 - Wet or slippery floors
 - Spills: motor oil, water
 - Loose or unanchored/unattached rugs, mats, or carpets
 - Types of footwear or worn shoe soles.
 - Use good judgment with regards to footwear while on duty

Trips

- Causes:

- Poor housekeeping
- Obstructed view or obstacle on walkways
- Poor lighting, illumination
- Uneven walking/working surfaces (uneven steps, thresholds, obscured holes or objects)
- Individual behavior

Possible Solutions for Same Level Fall Hazards

- **Good housekeeping help prevent slips, trips and falls:**
 - Keep floors clean and dry
 - Provide warning signs for wet floor areas
 - Keep all workplaces clean and orderly
 - Keep aisles and passage ways clear of obstructions that could create a tripping hazard
 - Access to exits must remain clear of obstructions at all times
 - Ensure spills are reported and cleaned up immediately

Other Recommended Work Practices to Prevent Same Level Fall Hazards

- ✧ Use only properly maintained ladders to reach items
- ✧ Do not use stools, chairs or boxes as substitute for ladders
- ✧ Eliminate cluttered or obstructed work areas
- ✧ Provide sufficient lighting during night operations
- ✧ Eliminate uneven floor surfaces
- ✧ Avoid awkward positions and use equipment that makes lifting of bulky loads less awkward

Develop a Fall Prevention Plan

- Address all aspects of Hazards
- Identify and recognize all fall Hazards
- Perform a job hazard analysis for each task
- Provide appropriate equipment
- Conduct safety inspections at the job site