

Preventing Slips, Trips, and Falls

A Guide for Employees



Session Objectives

- ☒ Recognize slips, trips, and falls as a serious safety problem
- ☒ Identify slip, trip, and fall hazards on the job
- ☒ Avoid or eliminate slip, trip, and fall hazards
- ☒ Prevent falls from heights and on stairs
- ☒ Prevent falls at work, outdoors, and at home
- ☒ Minimize injuries if you do fall

Injury Statistics

- More than 230,000 workers injured
- Highest injury rate of any regulated activity
- More than 800 deaths



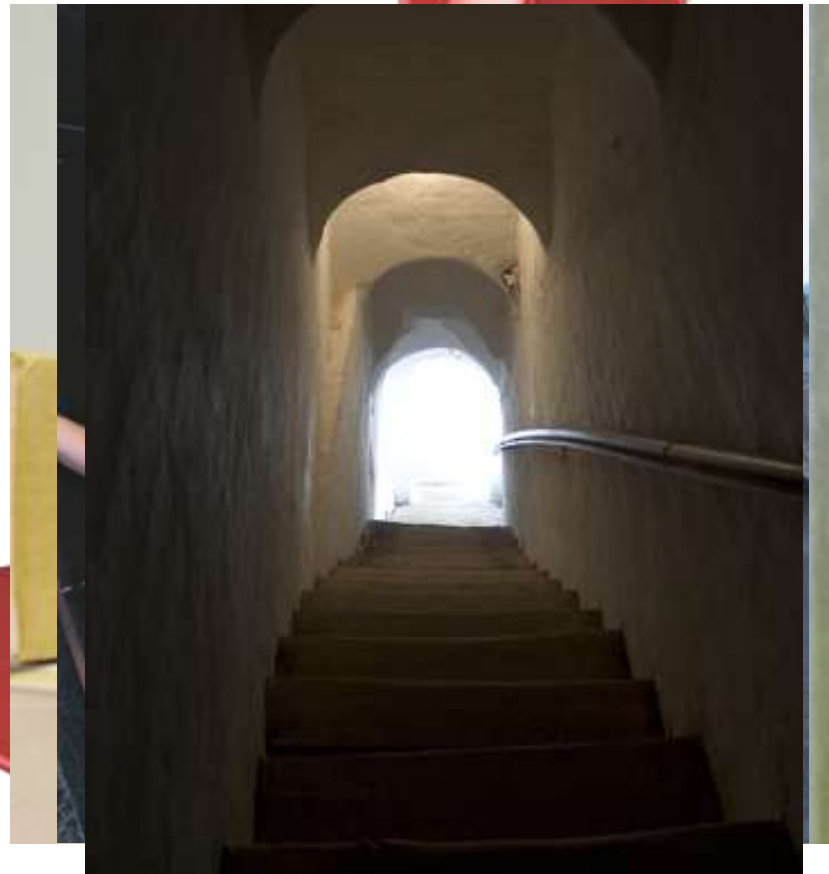
Types of Injuries

- Back/spine
- Head/brain
- Muscle strains
- Sprains
- Broken bones
- Death



Common Slip, Trip, And Fall Hazards

- Inadequate housekeeping
- Poor visibility
- Inattention
- Running
- Spills



Common Slip, Trip, And Fall Hazards (cont.)

- Clutter
- Open drawers
- Flooring
- Wet or slippery surfaces
- Handrails
- Ladders
- Shoes



Eliminate Trip And Fall Hazards

- Practice good housekeeping
- Step over obstructions
- Walk slowly
- Watch for changes in flooring
- Be sure lighting is adequate



Eliminate Trip And Fall Hazards (cont.)

DON'T!

- Leave materials on floor
- Block walkways
- Place anything on stairs
- Leave drawers open



More Ways to Prevent Slips, Trips, and Falls

- 
- Use common sense
 - Adjust your stride
 - Make wide turns
 - Don't block your vision

Exercise

Which statements are true?



You should pick up items and clean up spills even if you didn't put them there.



Good housekeeping helps eliminate slip, trip, and fall hazards.



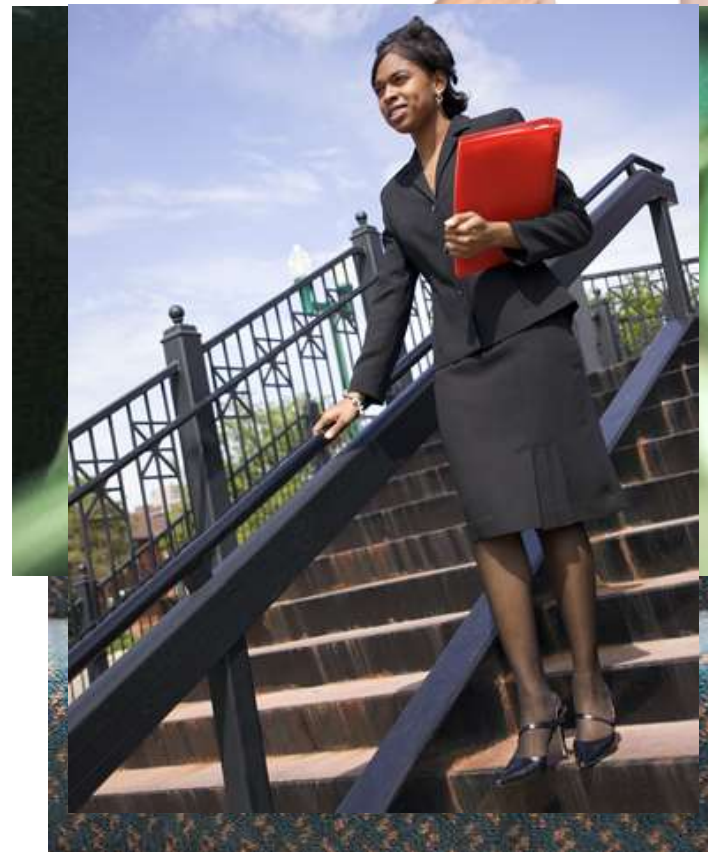
If you can't eliminate a slip or trip hazard, just avoid it and forget about it.



Walk quickly over slippery spots to avoid slipping.

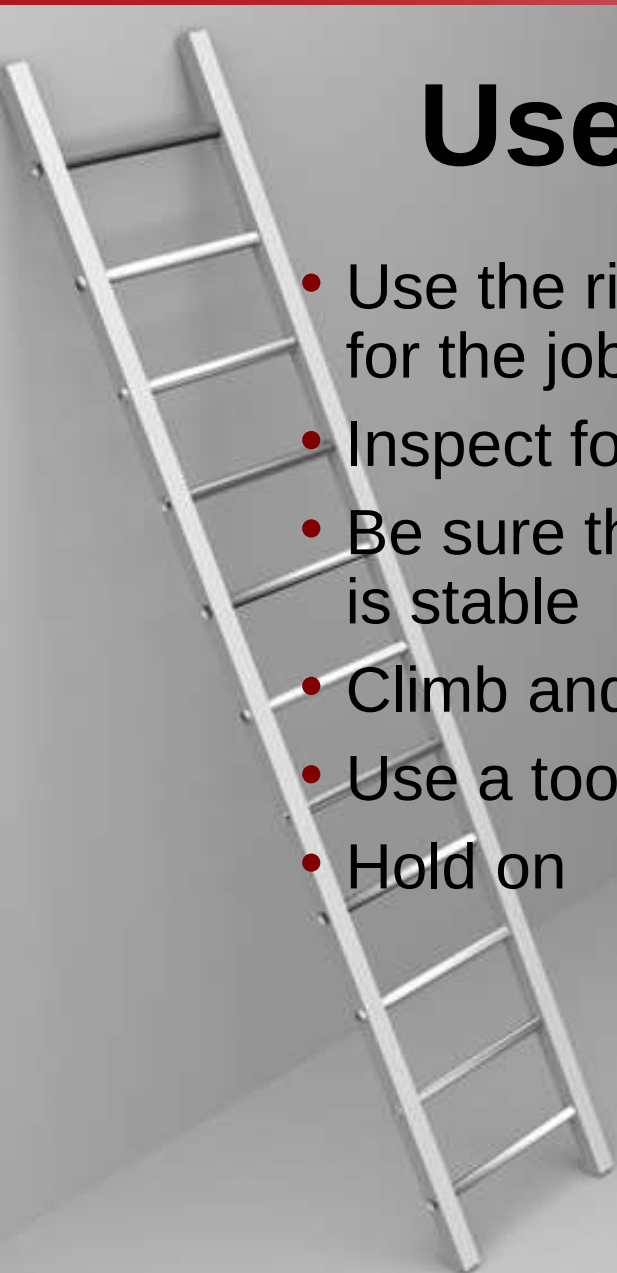
Be Careful on Stairs

- Hold handrails
- Don't run
- Inspect for slippery surfaces or damage
- Don't put objects on stairs
- Keep one hand free



Use Ladders Safely

- Use the right ladder for the job
- Inspect for damage
- Be sure the ladder is stable
- Climb and descend safely
- Use a tool belt
- Hold on



Prevent Slips, Trips, And Falls Outdoors

- Watch where you're going
- Use shoes with good traction
- Slow down
- Wipe your feet
- Sand slippery spots
- Wear sunglasses



What to Do If You're Falling

- Bend
- Roll
- Protect head
- Use hands
- Yell



What to Do If You're Hurt

- 
- Report any falls
 - Get medical attention
 - Know the full extent of your injuries
 - Follow doctor's orders

Review

Do you understand:

- Preventing falls on stairs?
- Preventing ladder falls?
- Preventing falls outdoors?
- Preventing falls inside your home?
- What to do if you're falling?
- What to do if you're hurt in a fall?



KEY POINTS To Remember!

- ☒ Keep walkways clear.
- ☒ Clean up spills promptly.
- ☒ Make sure stairs and ladders are safe.
- ☒ Walk slowly.
- ☒ Don't block your vision.