

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Topic C191: Slips, Trips, & Falls (A)

**Introduction:** Falling is one of the leading causes of injury accidents in the workplace. Take the following information into consideration when practicing safe workplace behaviors and eliminating slip, trip, and fall hazards.

**Slips:** Slips result from the loss of traction due to smooth surfaces, spilled liquids or lubricants, ice and snow, or other debris. Slips are likely to happen if you are in a hurry or run, wearing the wrong type of foot-gear, or not watching where you are going.

**Slips can be avoided by following these safety precautions:**

- Practice safe walking skills. Take short steps to keep your center of balance and point your feet slightly outward.
- Clean up spills right away or report them to the appropriate personnel. Even minor spills can be hazardous.
- Do not allow lubricants or residue to accumulate on workplace walking/working surfaces.
- Be extra cautious on smooth surfaces such as new floors, decking, or surfaces that are wet.

**Trips:** Occur when your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when the work-zone is cluttered and you are in a hurry and do not pay attention to where you are going.

**To help avoid trips, remember these rules:**

- Ensure you can see where you are going when carrying loads.
- Keep work areas well lit and use a flashlight when necessary.
- Use good housekeeping practices.
- Arrange equipment so that it doesn't interfere with walkways or pedestrian traffic in your area.
- Tangled extension cords or air hoses can be dangerous tripping hazards. Work areas must be kept clear of clutter.
- Eliminate "loose footing" hazards on stairs, steps, and floors.

If you are not the one using the ladder, stay back from it to avoid falling objects and the chances of tripping the ladder.

**Falls:** Occur whenever a person is too far away from his or her center of balance. Slips and trips often push workers off their center of balance far enough to cause a fall.. Many falls are caused by misuse of ladders, use of makeshift ladders, improper ladder climbing techniques, and improper scaffolding use. Falls from heights pose the risk of serious injury.

**Avoid falls of any kind by following these common sense safety measures:**

- Make sure hallways, stairs, and work areas are properly lit.
- Report or repair stairs or handrails that are loose or broken.
- Never use stairs or aisles as storage areas.
- Wear shoes or boots appropriate for the job with high-traction non-skid soles.

**Stairs:** Another area that presents a risk of falls for workers. Loss of traction causes many stairway slip and fall accidents, usually due to water, ice, or some other liquid on the steps. Workers can prevent injury on stairs by:

- Keep stairwells clear of clutter and obstructions.
- Using handrails whenever possible.
- Only carrying loads that they can see over.
- Report unsafe conditions promptly, including broken stair treads, floorboards, or handrails.

**Ladders:** The following safety tips will help make working with ladders a safer operation:

- Do not use makeshift ladders, and inspect the ladder you're using before use.
- Never use a ladder that has broken or missing rungs or other defects.
- If you are not the one using the ladder, stay back from it to avoid falling objects and the chance of tipping the ladder.

**Conclusion:** Eliminating the hazards associated with slips, trips, and falls in the workplace requires the cooperation and participation of all involved personnel.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)


*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*