Slip-Trips-Falls in the Workplace

Avoiding Slips and Falls at the Worksite

Each year, hundreds of workers die (and thousands more are left disabled) from falls on the job. The statistics are alarming, but *you* can change them. The fact is, almost all falls can be prevented. All it takes is learning how to recognize fall hazards and how to prevent them.

Understanding Balance

A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (on a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

Common Fall Hazards

One of the most common causes of fall hazards at the worksite is the unsafe use of ladders--using ladders incorrectly or using the wrong ladder for a particular job. Unsafe vehicle practices--failure to use safety cages, jumping on or off lift gates, and so on, also invite accidental injury. Slippery surfaces and inappropriate footwear can also lead to slips and falls. Poor lighting, obstacles in walkways, inattention and hurrying are other common causes of fall-related injuries. The following checklist can help you prevent falls before they happen.

Fall Prevention Checklist

1. Use the 4-1 ladder rule (set the base of your ladder one foot away from the wall for every 4 feet of ladder height).
2. Make sure extension ladders have safety shoes.
3. Tie off ladder or have someone support the base.
4. Never use the top 2 rungs of a ladder.
5. Never over-reach, especially while on a ladder.
6. Secure wires, cords, and cables away from walkways.
7. Use safety cages and fall restraint devices when available.
8. Wear slip-resistant footwear.
9. Clean up debris after each job, and report accidental spills immediately.
10. Make sure walkways and stairs are well-lighted.
11. Look before you walk--make sure your pathway is clear.
12. Walk, don't run!

And if you see a slip, trip, or fall hazard in your work area, correct it or report it immediately!!!

Safety Meeting Sign-In

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Kelley Integrity Safety Solutions, LLC