

### Fall Safety Topic: Slips, Trips, and FALLs

ITS FALL! Did you know that slips, trips, and FALLs are the #1 cause of death in the workplace? A fall can be detrimental even at small heights. Death or paralysis have been reported from falls less than 4 feet.

Falls from one level to another creates more force, faster falls, and harder hits. All of these factors add to fall severity. Its not the fall that hurts, its the stop! When working at another level, be aware of the things you could land on if you fall.

#### **Avoid Slips, Trips, and FALLs:**

- The easiest way you can prevent slips, trips, and falls in your work environment is to maintain good housekeeping!
- Prevent a slips, trips, and falls by maintaining a clean work area. Storage techniques are key.
- Keep all walkways clear. Keep hoses out of the walk area.
- Keep drawers closed.
- Keep stairways clear.
- Remove liquids from walk areas. Mark wet areas with a sign.
- Use situational awareness to avoid slips, trips, and falls. Don't get so focused on a task that you forget where you are, or the hazards involved.
- Important: Wear the appropriate and approved shoes for your job. Shoe type may depend on job duties.
- An important thing to remember to avoid slips, trips, and falls is to avoid distraction. Look where you are walking, walk at a safe speed, and watch for hidden objects. When you are walking, scan the area. Especially when you arrive at intersections and around corners. Inside, watch for transitional areas. This includes: carpet to tile, hallway to elevator, outside to inside, dark to light.

#### **Slip, Trip, and FALL hazards:**

- Some workplace slip, trips, and fall hazards include: files, extension cords, uneven surfaces, and even slight grades.
- OSHA defines a trip hazard as a place where there is a greater than a 1/4" difference in walking surface.

#### **Slip, Trip, and FALL injuries:**

- Common injuries for slips, trips, and falls affect these body parts: wrist and; hand injuries, sprained ankles, knee, collarbone, and face.

