

# Preventing Slips, Trips, and Falls

A Guide for Employees





# Session Objectives

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- 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

# Prequiz:

## How Much Do You Know?

**FALSE**

Slip, trip, and fall accidents are uncommon in the workplace.

**TRUE**

Some slip, trip, and fall accidents can cause serious injuries.

**FALSE**

There's little you can do on the job to prevent slips, trips, and falls except watch where you're going.

**TRUE**

You should look for slip, trip, and fall hazards around your home as well as at work.

# Injury Statistics

- **More than 230,000 workers injured nationally**
- **Highest injury rate of any regulated activity**
- **More than 800 deaths**
- **FY2019 YTD over 1,000 claims! For the State of Georgia. These injuries have already cost over \$3,000,000! These injuries will eventually cost the State about \$12,000,000!**



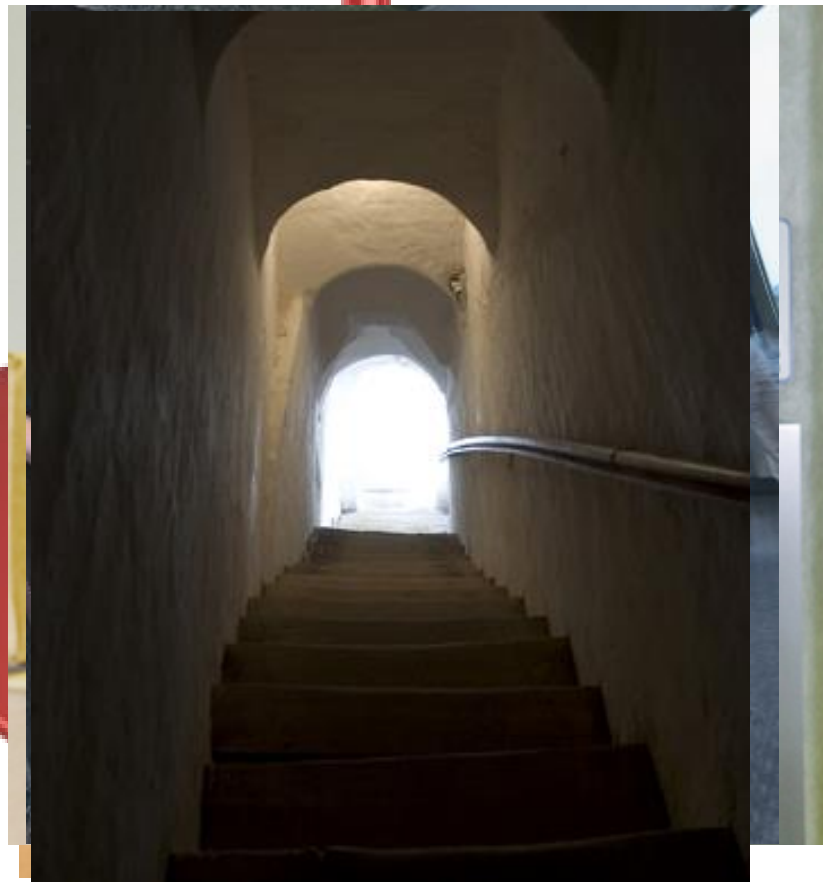
# Types of Injuries

- 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

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





# Eliminate Trip And Fall Hazards (cont.)

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## **DON'T!**

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



# Prevent Slips and Falls

- Spills
- Warnings
- Mats
- Shoes
- Wet surfaces
- Icy spots





# 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.



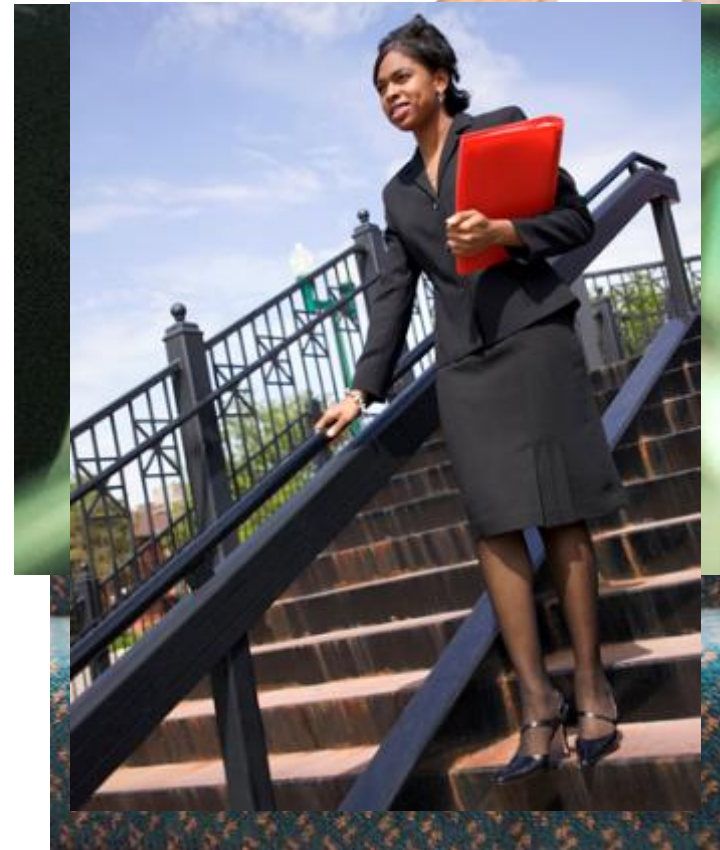
If you can't eliminate a slip or trip hazard, just avoid it and forget about it.



Walk quickly over slippery spots to avoid slipping.

# Be Careful on Stairs

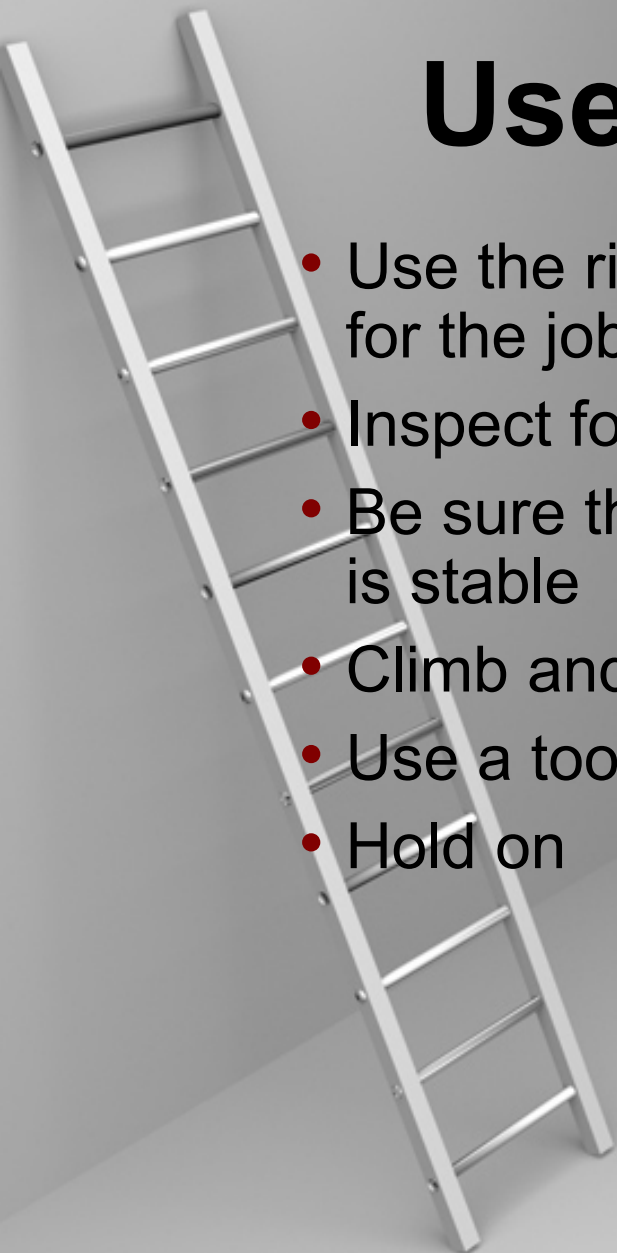
- Hold handrails
- Don't run
- Inspect for slippery surfaces or damage
- Don't put objects on stairs
- Keep one hand free





# 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



# Prevent Slips, Trips, And Falls at Home



**Use sturdy stepstool**

**Use a bath mat**

**Follow safety procedures**

**Fix curled carpet edges**

**Have stair railings**

**Clean spills immediately**

**Use lights**




# What to Do If You're Falling

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



# What to Do If You're Hurt

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



# Exercise

## Matching

<b>Stairs</b>	Wear sunglasses for glare
<b>Ladders</b>	Choose the right one for the job
<b>Outdoors</b>	Use a bathmat
<b>Home</b>	Don't leave objects on



# KEY POINTS To Remember

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