Don’t Let Your Safety Slip Away

WHAT’S AT STAKE?

Slips, trips and falls are among the leading causes of workplace injuries everywhere. Slips, trips and falls occur because workers sometimes take short cuts or don’t pay attention to what they are doing. They try to jump across an obstacle instead of going around it or moving it. Moments of inattention and diversion usually have bad consequences.

WHAT’S THE DANGER?

There is a positive connection between safety and fitness. More alert, physically and mentally fit employees are better equipped to handle safety challenges like slips, trips and falls in a successful fashion.

And remember the bigger picture. Failure to reduce or eliminate slips, trips and falls erodes the business and, also affects the overall quality of the lives of employees.

HOW TO PROTECT YOURSELF

Safety is not an “accident”. Safety is the outcome of well-designed common sense procedures utilized over time and honed through trial and error.

Here are some of the ways to prevent slips, trips and falls.

Be aware – Pay attention to where you’re going and resist the temptation to take a shortcut that may have obstacles or be unstable, shaky or **s**lippery.

Be proactive – Report any holes or openings that you find in grates or decking that require repair.

Resist skidding – Wear shoes or boots that have skid-resistant

soles, and keep your footwear free of grease and oil. On slick surface keep your hands at your sides for balance and take caution, short steps. Don’t run.

Shed light – poor lighting can camouflage hazards, so replace fixtures or bulbs that don’t work. In areas where no fixtures are installed, make sure obstacles have been removed.

Practice stair care – there’s always a potential for trips and falls on stairways that are too steep or not steep enough. Always walk up and down stairs slowly, one step at the time. Sound too caution? Numerous workers have been injured on stairways by going to fast or by skipping steps. And if you must carry a load on stairs, make sure the load doesn’t block your vision, and try to keep one hand free to hold the railing.

Personal regimen – Get enough rest and sleep. Exercise regularly. Eat nutritious well-balanced diet and include vitamin C.

Good housekeeping and clean up tips:

- Wipe up grease, water and other slick substances as soon as they are discovered. Cover icy and greasy spots with sand, dirt or other absorbent material.
- If repair or maintenance work is being done, keep equipment and the surrounding area free of scraps and debris.
- Secure lose or light material to prevent it from blowing away the wind and, as with any other aspect of rig operation, don’t let material fall from any level.
- Inspect your work area and machinery or tools before you start work.

FINAL WORD

Slips, trips and falls area common serious hazards. Follow these steps to keep your feet on firm ground.