Falls on the Same Level Meeting Kit

FALLS ON THE SAME LEVEL

Slips, trips and same-level falls result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces, selection of proper footwear, and appropriate pace of walking are critical for preventing accidents.

COMMON SLIP AND TRIP HAZARDS

Most slips and trips are caused by: poor lighting, trailing cables, unsuitable floor coverings**,** uneven or damaged floor surfaces, or floor surfaces contaminated with liquid or grease.

PREVENTION

1. **Create Good Housekeeping Practices**

Proper housekeeping is a routine. It is an ongoing procedure that is simply done as a part of each worker's daily performance. To create an effective housekeeping program, there are three simple steps to get you started

- **Plan ahead—** Know what needs to be done, who's going to do it and what the particular work area should look like when you are done.
- **Assign responsibilities—** It may be necessary to assign a specific person or group of workers to clean up, although personal responsibility for cleaning up after himself/herself is preferred.
- **Implement a program—** Establish housekeeping procedures as a part of the daily routine.

2. **Reduce Wet or Slippery Surfaces**

Walking surfaces account for a significant portion of injuries reported by state agencies. The most frequently reported types of surfaces where these injuries occur include: parking lots, sidewalks (or lack of), food preparation areas, shower stalls in residential dorms and floors in general

- Use moisture-absorbent mats with beveled edges in entrance areas. Make sure they have backing material that will not slide on the floor.
- Display “Wet Floor” signs as needed.
- Use anti-skid adhesive tape in troublesome areas.
- Clean up spills immediately. Create a procedure for taking the appropriate action when someone causes or comes across a food or drink spill.
- Use proper area rugs or mats for food preparation

3. **Avoid Creating Obstacles in Aisles and Walkways**

Injuries can also result in from trips caused by obstacles, clutter, materials and equipment in aisles, corridors, entranceways and stairwells. Proper housekeeping in work and traffic areas is still the most effective control measure in avoiding the proliferation of these types of hazards.

4. **Create and Maintain Proper Lighting**

Poor lighting in the workplace is associated with an increase in accidents.

5. **Wear Proper Shoes**

The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls.

6. **Control Individual Behavior**

Taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstructs the vision, wearing sunglasses in low-light areas, not using designated walkways and

speed are common elements in many on-the-job injuries.

What Employees Can Do for Safety’s Sake

- taking your time and paying attention to where you are going.
- adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing.
- walking with the feet pointed slightly outward.
- making wide turns at corners.

Slips, Trips Takeaway

There are three things that workplace managers, front-line supervisors and workers should do to eliminate, reduce and avoid totally preventable “incidents” by:

- **understand how accidents happen**
- **identify the trouble area**
- **eliminate or minimize**

FINAL WORD

Slips and trips are leading causes of injuries in any workplace. Injuries such as a rolled ankle usually aren’t very serious but can take away from productivity. Sometimes, slips or trips can lead to falls. Depending on the circumstances, these falls can prove to be fatal. Preventing slips and trips involve a small amount of effort.