

Slips, Trips and Falls Safety Talk

WHAT'S AT STAKE?

You can slip, trip and fall in all kinds of workplaces, from offices to construction sites. Falls are the leading cause of injuries in North American workplaces.

What Percentage of Workplace Accidents are Caused by Slips, Trips, and Falls?

More than 25% of all injuries sustained across all industries are caused by slips, trips, and falls. Of these slips, trips, and falls, 16% of all workplace accidents involved falls on the ground level. Unfortunately, more than 5% of workplace accidents resulted from a fall between two or more stories.

It is also interesting to note the statistic related to slips and trips without falls. More than 3% of all workplace accidents that resulted in time away from work were caused by slips and trips without a fall.

Here are some other statistics related to slips, trips, and falls while on the job:

- 57% of deaths from ladders occur in the construction industry.
 - 43% of deaths from slips, trips, and falls occur in the construction industry.
 - 20% of falls on the same level are due to trips and 13% are due to slips.
 - 11% of falls to a lower level happen when someone falls through a surface or existing opening.
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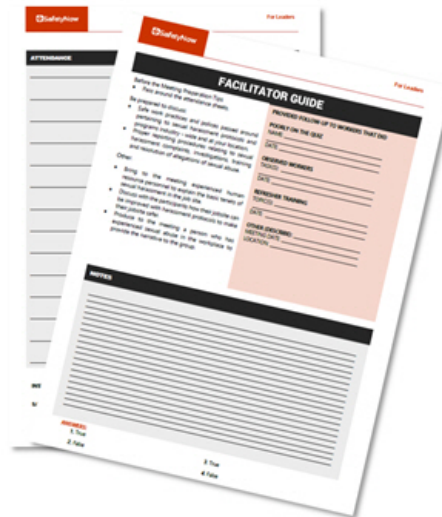
MATERIALS FOR YOUR SAFETY MEETING

ATTENDEE PACKET

“Handout” includes discussion points and follow-up quiz.

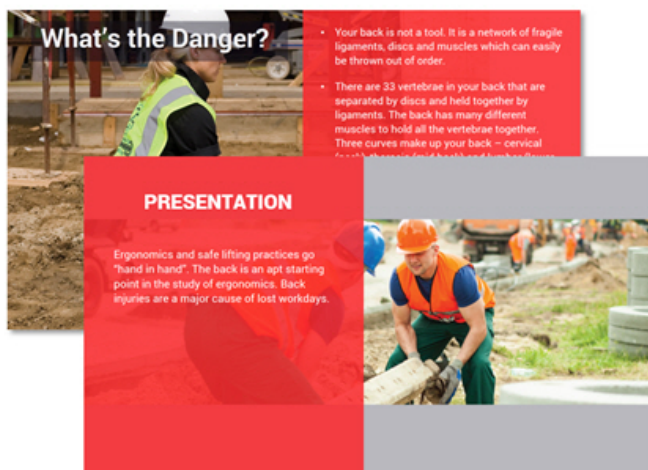
FACILITATOR GUIDE

“For Leaders” with talking points, checklist and quiz answers.



PRESENTATION

Ready to present to your team or provide for independent-study.



HELPFUL READING

WHAT'S THE DANGER?

Most workplace falls which cause injury or death are falls from the same level, not from heights. And remember the big picture. Failure to reduce and eliminate slips, trips erodes the bottom

line of business and impacts quality of life of workers.

Example

You may be in a hurry and run down a flight of stairs, or walk a corridor while reading instructions. You might slip on a slick surface and suddenly your feet go out from under you. Falls can also be caused by tripping on an obstacle – your feet get caught but your body keeps on going.

HOW TO PROTECT YOURSELF

Wear appropriate clothing

Wear boots or shoes that have skid – resistant soles and are free from oil and grease. When working on slippery surfaces or in icy weather, wear non-slip soles. Be aware that overly long, loose pant cuffs are a tripping hazard.

Clear paths

If you see something in an aisle such as litter or extension cords, move or report them. Also watch for loose or torn carpeting, mats or runners. Don't store things on or near stairways. Watch out for unexpected hazards such as unguarded floor openings. Report them immediately so they can be correctly covered and guarded.

Respect slickness

Obey signs such as "Caution: Wet Floor." Clean up spills immediately. When you come indoors from rain or snow, your wet footwear slides more easily. Newly waxed and high gloss floors are also hazards. On slippery or rough surfaces, take small steps and walk slowly.

Walk safely

Keep your head up. Don't run down a hallway. Never engage in horseplay. Use stairways' handrails. When carrying a load, make sure you can see over or around it. On slick surfaces keep your hands at your side for balance and take caution, short steps. Don't run.

Use office smarts

Don't tip back in a chair. Chairs should have five legs to prevent tipping. Keep drawers of desks, cupboards and filing cabinets closed.

Elevate wisely

Don't stand on makeshift platforms such as a chair on top of a desk. Instead, correctly use a stepstool, ladder or scaffold.

Take care when working at heights

Be sure to use the required fall protection equipment and all safe procedures when working at heights. Many falls from heights are actually caused by tripping or slipping.

Shed some light on it

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. Turn on lights before entering an area.

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 too 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. More alert, physically and mentally fit workers are better equipped to handle safety challenges like slips, trips and falls in a successful way.

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 loose or light material to prevent it from blowing away in 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 are serious hazards that can cause serious injuries. Follow these steps to keep your feet on firm ground!

TIPS TO PREVENT

SLIPS, TRIPS, AND FALLS IN THE WORKPLACE

25% of all workplace injuries are sustained because of **slips, trips, and falls**. Ensure your employees remain **injury-free and safe** on your job site.



STATISTICS ON SLIPS, TRIPS, AND FALLS



In 2017, private industry experienced **882,000+ occupational injuries and illnesses** resulting in days away from work.

25% of all injuries sustained across all industries are caused by **slips, trips, and falls**.



11% of falls to a lower level happen when someone **falls through a surface or existing opening**.

60% of construction fatalities are caused by the **fatal four**: falls, struck by object, electrocutions, or caught in or between machinery.

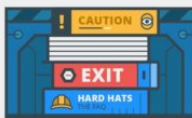


17% of deaths from falling are from a height **3 stories or higher**.

29% of injuries sustained by **plumbing and HVAC contractors** were due to slips, trips, and falls.



6 TIPS TO PREVENT WORKPLACE INJURIES



Awareness and Education

Provide resources to educate workers of known risks and ways to reduce their chances of injury and illness.



Dress Code

Enforce proper attire to be worn at all times including slip resistant shoes, hard hats, back braces, and more.



Safety Hazard Signage

Clearly mark spills, emergency exits, exposed wires, and other workplace hazards.



Accident Management

Contain spills and manage accidents quickly and thoroughly to prevent slips, trips, and falls.



Job Site Ventilation

Ensure the workplace is properly ventilated especially when active materials are circulating.



Proper Lighting

Make sure the job site or workplace is well lit and visible.