

Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C191: SLIPS, TRIPS, & FALLS (A)

Introduction: Falling is one of the leading causes of injury accidents in the workplace. Here are some steps to follow to eliminate slip, trip, and fall hazards.

Slips: Slips occur when you lose traction due to smooth surfaces, spilled liquids or lubricants, ice and snow or other debris. Slips are likely to happen if you're in a hurry or run, wearing the wrong type of shoes or not watching where you're going.

Avoid slips:

- Use safe walking skills. Take short steps to keep your center of balance and point your feet slightly outward
- Clean up spills right away or report them to the appropriate personnel. Even minor spills can be hazardous
- Don't allow lubricants or residues to accumulate on workplace walking/working surfaces
- Be extra cautious on smooth surfaces such as new floors, decking or surfaces that are wet

Trips: Occur when your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when the work-zone is cluttered, or when you're in a hurry and don't pay attention to where you're going.

Avoid trips:

- Make sure you can see where you're going when carrying loads; Keep work areas well-lit and use a flashlight when necessary; Use good housekeeping practices
- Arrange equipment so that it doesn't interfere with walkways or pedestrian traffic in your area
- Tangled extension cords or air hoses are dangerous tripping hazards, keep your work area clear of clutter
- Make sure there aren't any loose surfaces on stairs, steps, and floors

Falls: Occur whenever you're too far away from your center of balance. Slips and trips often cause you to lose your balance enough make you fall. In addition, many falls are caused by misusing ladders, using makeshift ladders, improper climbing techniques and improper scaffolding use.

Avoid falls:

- Make sure hallways, stairs and work areas are properly lit; Report or repair stairs or handrails that are loose or broken; Never use stairs or aisles as storage areas; Wear shoes or boots with high-traction non-skid soles

Stairs: Are often a source of falls. Falls on stairs are usually due to water, ice, or some other liquid on the steps. Workers can prevent injury on stairs by:

- Keep stairwells clear of clutter and obstructions; Using handrails whenever possible
- Only carry loads that you can see over; Report unsafe conditions promptly, including broken stair treads, floorboards, or handrails

Ladders: When working from a ladder, remember these safety tips will help make working with ladders safer:

- Don't use makeshift ladders, and inspect the ladder you're using before you use it
- Never use a ladder that has broken, missing rungs or other defects; If you're not the one using the ladder, stay back from it to avoid falling objects, and the chance of tipping the ladder

Conclusion: Eliminating the hazards associated with slips, trips, and falls in the workplace requires the cooperation and participation of everyone.

Employee Attendance:(Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.