

Worksite: _____ Instructor: _____ Date/Time: _____

TOPIC C192: SLIPS, TRIPS, & FALLS (PART 2)

Introduction: Preventing slips, trips and falls requires that everyone recognize the things that create the hazards. It's up to all of us to be able to identify and eliminate the conditions that can lead to slip, trip, and fall injuries.

Preventing Injuries from Slips: Although engineering controls such as non-skid coatings on floors or step surfaces are important to reducing slips, trips and falls, the right footwear also plays an important role. The material that the soles of your shoes are made from will provide different levels of traction, depending on the type of floor. For instance, shoes with neoprene soles can be used safely on most wet or dry work surfaces. However, they're not good for oily conditions.

Avoiding Trips: Trips happen when work areas are cluttered, when lighting is poor, or when there are loose walking surfaces. You can avoid trips by:

Making sure you can see over the load you're carrying; ensuring that there's enough light to see where you're going; Keeping work areas clear of clutter and litter; Keeping equipment out of walkways and other traffic areas; Taping down extension cords or keeping them out of walkways

Falls Prevention: Most falls are same surface falls, not from one level to another. Falls from heights should be eliminated by taking the proper safety measures such as wearing fall protection and installing guardrails or barriers. To avoid falls consider the following measures:

- Don't jump. Carefully climb down from trucks, work stages or ladders; Check lighting. Make sure there's enough light for you to see where you're going; Repair or replace stairs or handrails that are loose or broken
- Keep passageways and aisles clear of clutter; Wear boots or shoes with appropriate non-skid soles

Protect yourself from slips, trips and falls by following these common sense suggestions:

- Wear shoes suitable for the conditions in the work area
- Keep floors clean, and make sure there's no accumulated slippery cleaning agent remaining
- Always notify others about wet surfaces, post signs and barricades in the area
- Add traction aids to surfaces that are slippery or frequently oily or wet
- Keep work areas free of clutter and debris
- Keep walking surfaces in good condition
- Keep walkways and aisles clear
- Check stairways for loose stair treads, broken floor boards and unstable handrails
- Clean up any spills of water or oil on steps immediately
- Make sure stairways are well lit
- If you're working on an elevated surface, make sure your shoes have good traction
- Never walk backwards on an elevated surface
- Always use proper safety devices and equipment when working on an elevated surface
- Make an extra effort to eliminate tripping hazards and obstacles when working on an elevated surface

Conclusion: It's not difficult to keep the workplace clear of slip, trip and fall hazards. Everyone needs to be trained to recognize and avoid these hazards.

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

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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.