



A Union of Professionals

Health and Safety Program

Slips, Trips and Falls

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At the end of this training, you will be able to:

- Identify 2 requirements of OSHA's walking and working surfaces standard that apply to your workplace.
- Identify common causes of slips, trips and falls (STF) within your workplace.
- Evaluate your workplace for hazards associated with walking and working surfaces.
- Generate ideas on how to control for these identified hazards.



Extent of the Problem

- STF are among the most frequent type of reported injuries for public employees

Janitors and cleaners; elementary school teachers; teacher assistants; and secondary school teachers have the highest incidents of reported STF.

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Injuries from Slips, Trips and Falls

Common Injuries

- Sprains, strains
- Bruises, contusions
- Fractures
- Abrasions, cuts

Common Affected Body Parts

- Knee, ankle, foot
- Wrist, elbow
- Back
- Shoulder
- Hip
- Head





Slip, Trip and Fall hazards can occur in virtually every type of workplace





NIOSH's Top 10 Hazards

- Contaminants on the Floor
- Indoor Walking Surface Irregularities
- Outdoor Walking Surface Irregularities
- Weather Conditions: Ice and Snow
- Inadequate Lighting
- Stairs and Handrails
- Stepstools and Ladders
- Tripping Hazards: Clutter, Loose Cords, etc.
- Improper Use of Floor Mats and Runners
- Poor Drainage: Pipes and Drains



Word to the wise:

Instinct usually causes us to stiffen up when we feel ourselves slip, but if you can keep **your elbows and knees bent**, it will help absorb the impact of the **fall** and **reduce the chance** of fracture.





Daily incidents and hazards

Poor **housekeeping** practices frequently contribute to incidents. If the sight of paper, debris, clutter and spills is accepted as normal, then other more serious **hazards** may be taken for granted. **Housekeeping** is not just cleanliness. ... **Good housekeeping** is also a basic part of incident and fire prevention.

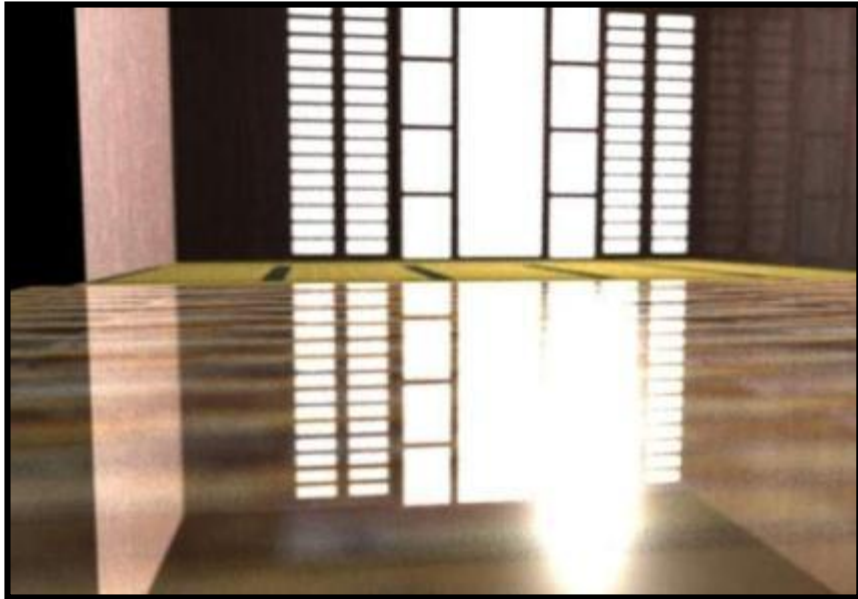


Let's Take a Tour



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Contaminants on the Floor





Wall-mounted spill pads for use by employees and visitors



Spill pads and umbrella bags for use in building entryway



High visibility caution sign with warning sign on top or a flashing light on top could be used

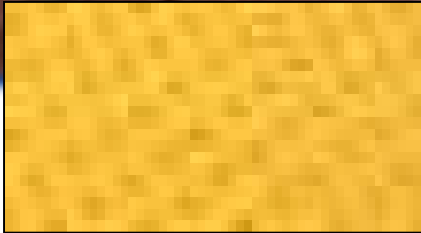
Indoor Walking Surface Irregularities

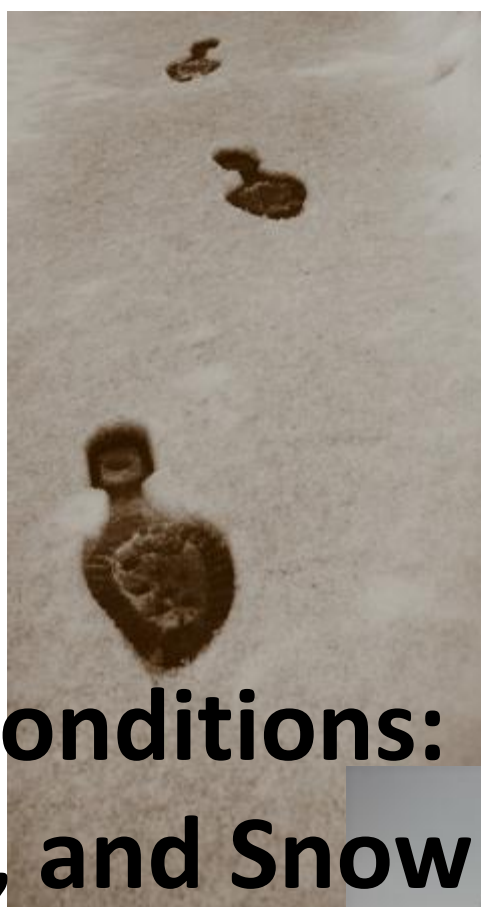


Outdoor Walking Surface Irregularities



Prevention Solutions





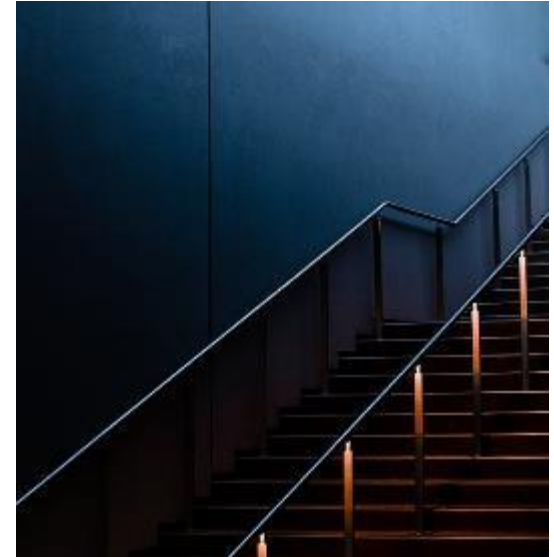
Weather Conditions: Water, Ice, and Snow





Inadequate Lighting

Special care should be taken during night time hours due to dark stairways, parking lots, playgrounds, etc. , making it quite difficult to prevent slips, trips and falls.





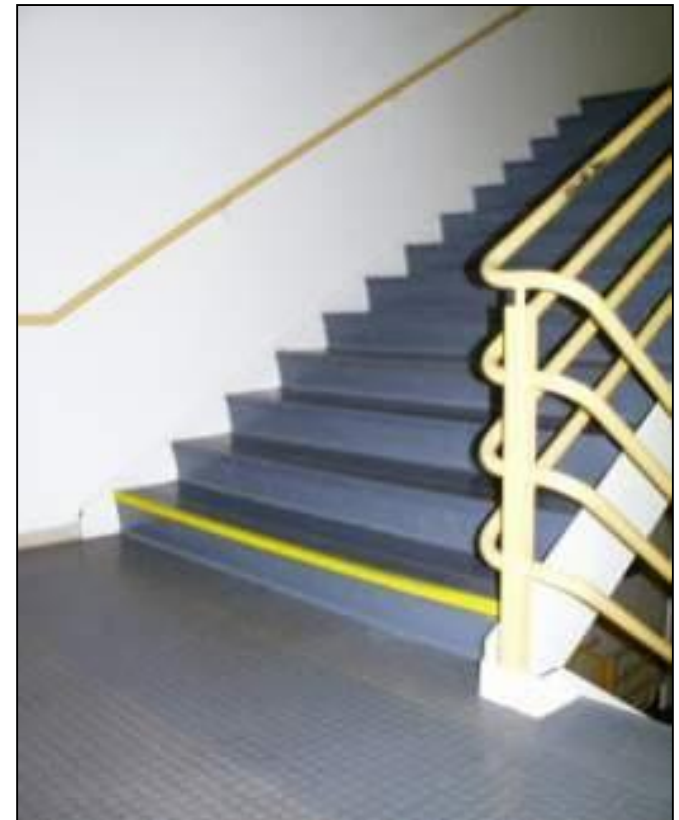
Stairs and Handrails

Special care should be taken when using stairs with uneven steps or uneven handrails, again making it difficult to prevent slips, trips and falls.





Prevention Solutions



Stepstools and Ladders





OSHA Walking and Working Surfaces Standard: Subpart D 1910.25-26: Portable Ladders

- All ladders must be inspected periodically, kept in good condition at all times, and must be free from sharp edges, splinters, oil grease, or other defects which would affect their use.





Ladder Safety Continued

DO'S

- Only use a ladder or step ladder:
 - In a safe environment
 - After inspecting
 - At a firm level base
 - You have inspected it before use
 - Lean at approximately 75 degrees from horizontal
 - For light work
 - When you can maintain 3 points contact (two hands-one foot)(one hand-two feet)
 - Use only for a maximum of 30 minutes
 - Always use a ladder or step ladder to retrieve anything stacked or stored above your head.

DON'TS

- On use a ladder or step ladder, DO NOT:
 - Overload it or carry loads onto ladders
 - Overreach
 - Have more than one person on a ladder at one time
 - Stand ladders on moveable objects or uneven ground
 - Extend ladder while standing on rungs
 - Never use the top two steps on either a ladder or step ladder



**Tripping Hazards:
Clutter, Loose Wires, etc.**





Prevention Solutions



Grating or coverings protect from manholes trenches, open pit, etc., but are very dangerous if missing or broken.



Prevention Solutions



Retractable cord holder



Cords on floor partially secured with cord cover. Cover can extend over the length of the exposed cord.



Prevention Solutions





Poor Drainage: Pipes and Drains



Human Factors Leading to Slips Trips and Falls

Health and physical condition can impair a person's vision, judgment, and balance.

Carrying or moving cumbersome objects, or too many objects, that obstruct your view impair your balance and prevent you from holding onto handrails



Inattentive Behavior: walking, distractions (e.g., using cell phone, talking and not watching where you're going, etc.)

Taking shortcuts; not using walkways or designated, cleared pathways; being in a hurry, rushing around



OSHA Walking and Working Surfaces Standard: Subpart D 1910.22: Housekeeping

Good housekeeping includes picking up, wiping up, and cleaning up.



Requires that all places of employment, passageways, storerooms, and service rooms shall be kept clean and orderly and in a sanitary condition.



Maintaining Work Areas



Aisles and passageways must be kept clear and in good repair and include safe clearances for mechanical equipment and contain no obstructions that could create a hazard.



Prevention Strategies

- **Develop and maintain a written housekeeping program.**
- **The program might ideally describe:**
 - How to immediately report STF hazards
 - Where and how cleaning materials and products are stored
 - When to use wet floor signs and barriers and where signs are stored
 - What cleaning methods are appropriate for different areas and surfaces



Tools for STF Prevention

- Examine Employee STF Injuries
- STF Checklist
- Employee Communication: Training and Involvement





Examine Employee STF Injuries



- Review OSHA logs for STF incidents
- Review incident reports
- Check for “hot spots”
- Investigate incidents to find the circumstances to see where prevention measures can be implemented.

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SAMPLE INVESTIGATION TOOL



STF Checklist



- Check for hazards on a regular basis
- Take pictures!
- Have a clear reporting procedure to get things addressed



Communication: Training and Involvement



- All employees are at risk, therefore all employees should be trained on how to recognize STF hazards, and be involved in the development and implementation of prevention strategies.



BE ALERT!

Keeping your mind on your surroundings such as walkways, stairways, strolling on the lawn and at all times will be a huge step in slip, trip and fall prevention.



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Click below to view a video to assist in avoiding slips, trips and falls in the workplace.



Quiz for Slip, Trips and Falls is on the next slide.

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Click on the link below to complete the Slip, Trip and Fall Prevention Quiz and then submit.

[Slip, Trip and Fall Prevention Quiz](#)



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