

SLIP, TRIPS AND FALLS

- Among leading causes of workplace injuries
- 200,000 nonfatal injuries each year
- Highest injury frequency of any regulated activity
- They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities

Causes of slips, trips and falls vary considerably and can include one or more of the following:

- Walkway surface substances and spills; including oil, water, and/or other liquid surface contamination
- Lack of training and/or knowledge about slips, trips and falls
- Mats or rugs which become unanchored or loose
- Weather-related conditions like rain, snow and/or ice
- Use of inappropriate footwear
- Walkway surfaces that are in disrepair
- Sheen/smooth walkway surfaces that do not allow for adequate footwear-traction

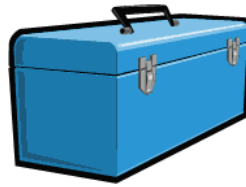


Regulations

The two regulatory standards that apply to slips, trips, and fall are OSHA 29 CFR 1910.22, walking-working surfaces, and the ANSI A1264.2-2006, provision for the slip resistance on walking/working surfaces.



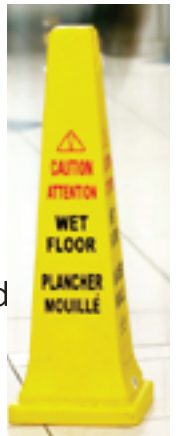
Surprisingly, approximately 70 percent of slips, trips, and falls occur on level walking surfaces. Training employees to use hazard-awareness and prevention practices is essential to reducing those numbers

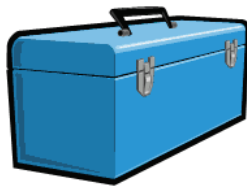


SLIP, TRIPS AND FALLS

Some of the factors contributing to slips, trips and falls include:

Unsafe Conditions	Prevention
- Highly polished floors such as marble, terrazzo, or ceramic tile can be extremely slippery even when dry. Add moisture (spills, rain, snow and mud) and you will likely fall if you are not aware. - Food preparation areas, bathrooms and kitchens are a high risk for slippery surfaces.	- Use anti-skid adhesive tape in high traffic areas - Use absorbent mats in entrance ways during inclement weather. (Caution: Make sure that mats lie flat and that the backing material will not slide on the floor.) - Display wet floor signs when appropriate, note that signs are a great awareness tool but should not be the only means of control. Clean up spills and wet floors as soon as practical. - Have a procedure to deal with spills and ensure spills are reported and cleaned up immediately. - Use proper mats in areas that tend to be “spill prone” (bathing facilities, food preparations) - When wet processes are used, maintain proper drainage or use platform mats





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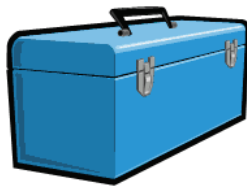
Unsafe Conditions

- Insufficient or Inadequate Lighting (lack of visibility can cause trip hazards)
- Changes in Elevation (a change in walking surface of $\frac{1}{4}$ – $\frac{1}{2}$ " or greater will be enough to cause a trip. Curbs, cracks in sidewalks, ramps and steps are all examples of hazards.)
- Climbing or Descending Stairways (Nearly half of all falls occur on stairs)

Prevention

- Move slowly where light is dim
- Pay increased attention to your path of travel
- Moving from light to dark areas, or vice versa, can cause temporary vision problems that might be just enough to cause a person to slip on an oil spill or trip over a misplaced object.
- Watch for bumps, potholes, sidewalk cracks or changes in elevation
- Use contrasting colors or lighting to draw attention to changes in elevation
- If you identify a problem area, report it to your supervisor
- Keep stairs in good repair
Stairways must have:
 - secure handrails and guardrails
 - even surfaces
 - even tread heights
 - free of deteriorating coverings such as frayed carpet.
- Whether going up or down stairs, always use the handrail
- Make sure stairways are well lit
- Make sure stairways are clear of any obstacles
- If you are wearing footwear such as high heels or sandals, use extra caution while going up and down
- If throw rugs are positioned at the top or bottom of stairways, make sure they are secured with a skid-resistant backing





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Unsafe Conditions



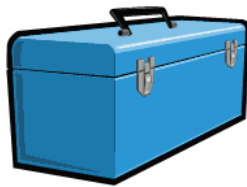
Prevention

- Routinely check stairs for loose or worn carpeting
- Report outdoor stairways if you notice ice, snow or water accumulation
- When carrying objects up and down steps, be sure you are able to see where you are stepping and hold onto the handrail if possible

Housekeeping Issues

- Avoid stringing cords or lines across hallways or in any walkway
- Conduct frequent inspections
- Everything should have a place and everything should be in its place
- Maintain clear walkways.
- Follow maintenance schedules
- Understand duties and take responsibility





SLIP, TRIPS AND FALLS

If you must walk on a slippery surface:

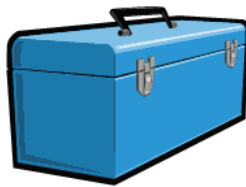
- Wear proper footwear for better traction on slippery surfaces
- Point your feet slightly outward, keeping your center of balance under you
- Take slow, small steps
- Use your feet as probes to detect possible slip, trip and fall hazards
- Get your feet underneath your body quickly to maintain your balance after an initial step
- Use rails or other stable objects that you can hold onto
- Protect the more vulnerable parts of your body like your head, neck and spine if you do fall
- When entering a building, remove as much snow and water from your boots as possible. Take notice that floors and stairs may be wet and slippery. Walk carefully.
- Be prepared to fall and try to avoid using your arms to break your fall. If you fall backward, make a conscious effort to tuck your chin so your head doesn't strike the ground with a full force.
- Use special care when entering and exiting vehicles--use the vehicle for support.



Running or Jumping

- Running and jumping should not be permitted for any reason!
- Running or jumping on stairs is especially risky
- Running into or out of the building is risky especially when done in wet or slippery





SLIP, TRIPS AND FALLS

Employer Responsibilities

- Identify hazards
- Establish work practices
- Educate
- Enforce rules
- Inspect
- Investigate
- Correct

Employee Responsibilities

- Be aware of hazards
- Avoid risky behavior
- Keep work areas neat
- Assist with inspections
- Report hazards
- Cooperate in investigations
- Report incidents
- Apply training on the job

What can you do to avoid falling at work?

You can reduce the risk of slipping on wet flooring by:

- 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
- Wear proper footwear
- Take slow small steps

You can reduce the risk of tripping by:

- Keeping walking areas clear from clutter or obstructions
- Keeping flooring in good condition
- Always using installed light sources that provide sufficient light for your tasks
- Using a flashlight if you enter a dark room where there is no light
- Ensuring that things you are carrying or pushing do not prevent you from seeing any obstructions, spills, etc.