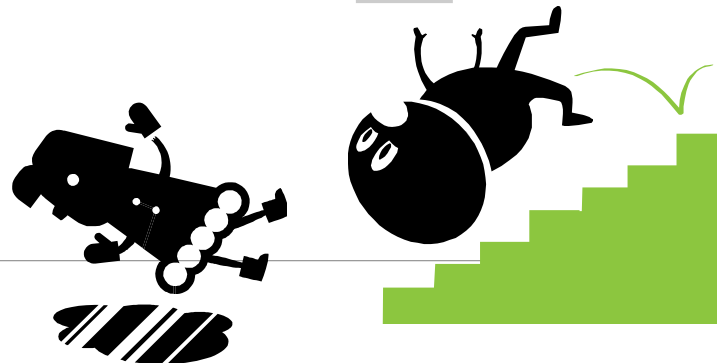




# Preventing Slips, Trips & Falls

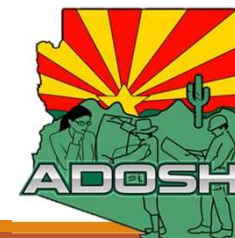


ADOSH OUTREACH TRAINING

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# Hazards are Everywhere

Wet floors, an open drawer, slippery shoes, an icy walkway – all can lead to serious, painful injuries in the workplace. Protect yourself and your co-workers by learning how slips, trips and falls occur and what you can do to report or clean up hazards.



Slips, trips and falls account for more than 20% of all non-fatal occupational injuries involving days away from work.

Approximately 10% of fatal occupational injuries for all industries were attributed to fall from a height.

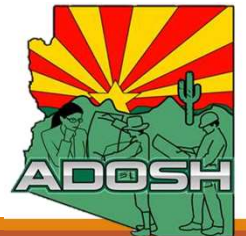
Slips, trips and falls are one of the leading causes of accidents in the workplace, accounting for at least 20% of all worker's compensation claims.



# Causes for Workplace Slips, Trips and Falls

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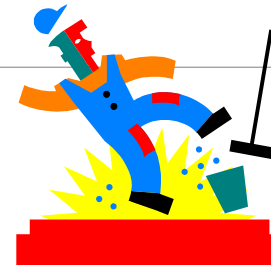
- A Lack of Safety Awareness
- Unsafe Conditions
- Unsafe Behaviors



# Watch your step!

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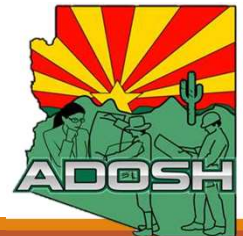
- Slips – happen when there is too little friction between your feet and the ground.
- Trips – happen when something halts your motion.
- Falls – happen when your body is in an unstable position.



# Reducing Slips, Trips and Falls

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- Stay alert and aware of your surroundings
- Get plenty of rest
- Manage stress
- Avoid alcohol and drug use
- Take appropriate breaks



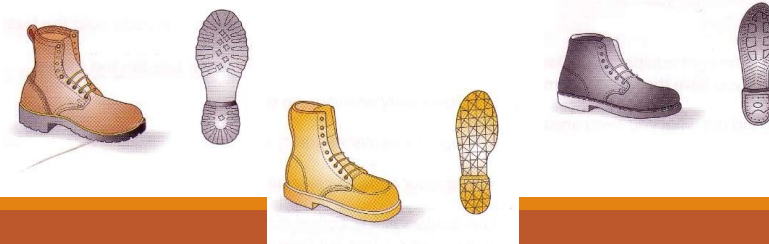


# Preventing Slips

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If you must work on wet surfaces

- Make wide turns at corners
- Walk slowly and take short steps
- Keep your feet pointed slightly outward
- Keep your hands free for balance
- Wear appropriate slip-resistant shoes

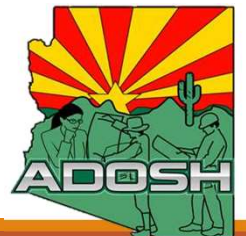


# Preventing Slips

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When the weather creates hazardous walking conditions

- Keep your hands free for balance
- Wear shoes with enough traction for the ground condition
- Wear sunglasses on bright days, especially if the ground is covered with snow or ice

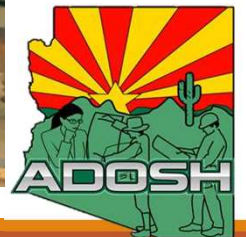




# Preventing Slips

## Examples of preventable slips

- Wipe shoes thoroughly on rugs
- Wipe up spills (even small one) – even if it is not your spill
- Mark spills/slippery area until cleaned up
- If you see a hazard on the floor, clean it up



# Preventing Trips

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Trips are caused by taking shortcuts, poor lighting and loose footing

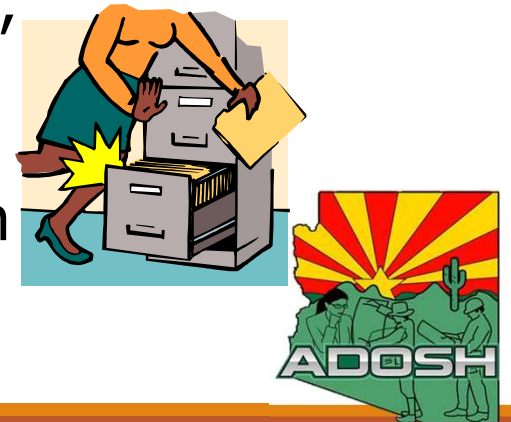
- Walk in designated areas
- Make sure you can see where you are going – and look ahead
- Carry only loads you can see over and doesn't hinder your movement
- Remind yourself to slow down and pay attention



# Preventing Trips

Keep areas well lit and clean. Proper lighting helps avoid potential hazards

- Turn on lights every time you enter a room
- Replace light bulbs when they burn out
- Keep all work areas & walkways clear of boxes, bags, papers, cords, etc.
- Watch for curled rugs, chipped flooring, etc.
- Close file drawers and cabinet doors after each use
- Correct or report potential trip hazards



# Preventing Falls

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Falls happen when your center of gravity is in an unsupported position. Use the right equipment for the job

- Find out equipment needs ahead of time
- Follow safety warnings on equipment
- Keep your center of gravity supported
- Keep your arms and legs as close to your center of gravity as possible



# Preventing Falls

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Use ladders safely. Follow the 1-to-4 rule. The base of the ladder needs to be placed 1 foot from its support for every 4 feet of ladder.

- Inspect ladders before using
- Set and secure the ladder on stable ground
- Have someone hold the base of the ladder
- Never use the top rung of the ladder for standing



# Preventing Falls

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## Examples of preventable falls

- Don't stand on chairs or tables with wheels
- Don't stand on furniture not intended for standing/climbing
- Don't sit on banisters
- Report/repair uneven or wobbly furniture

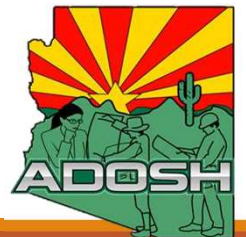


# Your role in Prevention

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Make lifestyle decisions that include getting adequate rest, staying focused on your task and keeping stress under control.

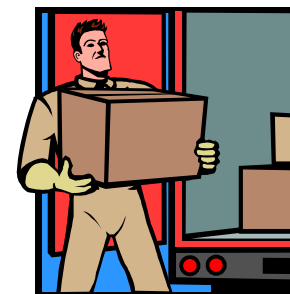
- Stay focused on your task at hand
- Take short breaks to allow for refocusing
- Rest your mind and body
- Manage stress and fatigue



# Make Safety a Habit

To stay safe on the job and at home, make safety part of your daily routine.

- Grip handrails with all your fingers and thumb
- Look ahead when climbing stairs without lifting our head back. This tends to lean the body backward.
- Carry only loads of a comfortable weight
- Stay in shape and control your weight. Maintaining muscle and weight helps control your center of gravity and balance
- Pay attention to signs and warnings





# Safety is Up to You

Preventing accidents and injuries in the workplace involves teamwork.

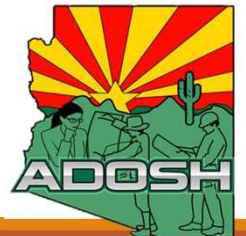
You and your co-workers need to work cooperatively to identify, report and correct unsafe conditions and behaviors.

Make a commitment to yourself to develop an awareness of potential hazards.

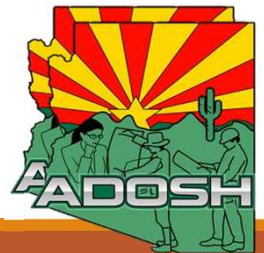


# Questions

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