

SLIPS, TRIPS & FALLS PREVENTION

OVER ►

The definition of a fall includes a fall on the same level, for example, a worker might fall after tripping on some garbage, over an extension cord or slipping on a muddy plank or icy walkway. Slips, trips and falls to the same level are a major source of workplace injuries such as sprains, strains, bruises, fractures, lacerations and internal organ damage. These injuries may require first aid and often lead to lost-time injuries which may require long term healing and care.

Slips, Trips, and Fall Prevention Tips

- >> Identify slip, trip, and fall hazards in the workplace.
- >> Know what you can do as an employer to prevent slips, trips and falls.
- >> Know what you can do as a worker to prevent slips, trips and falls.



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CONSTRUCTION SAFETY ASSOCIATION



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SLIPS, TRIPS & FALLS PREVENTION

Identify Slip, Trip, and Fall Hazards in the Workplace

- Slippery, wet, oily, and greasy surfaces.
- Seasonal conditions (rain, snow or ice).
- Spills of wet or dry substances.
- Uneven surfaces (curbs, ruts from equipment, elevation changes). This is extenuated if a worker is carrying something.
- Poor lighting, smoke, steam or dust obscure the view.
- Walkways used for storage of materials.
- Cord and cables in the path of travel.

Know What You Can Do as an Employer to Prevent Slips, Trips and Falls

- Keep the site clean through continuous housekeeping, or schedule it for a specific time.
- Designate specific areas for laydown and storage.
- Have disposal bins placed around the jobsite to make it easier for garbage disposal and recycling.
- Perform ongoing hazard assessments, workplace inspections, and site maintenance and repairs.
- Remove debris as often as required to keep work and travel areas clear, including walkways, entrances and exits.
- Keep equipment and areas surrounding clear.
- Pick-up, store or dispose of tools, materials or debris.
- Raise the main walking paths and add material to build up a proper walkway, where required.
- Fill low-lying areas with gravel to reduce the accumulation of water, ice, and mud.
- During the winter, keep walkways, access areas, and stairs clear of snow and ice. Use salt or sand in those areas and make sure boots provide good traction.
- During orientation, describe the housekeeping responsibilities for all workplace parties.
- Give regular safety talks on housekeeping.
- Ask equipment operators to steer clear of soft ground and avoid walkways to prevent uneven walking surfaces.
- Post warning signs in areas where hazards cannot be eliminated.

Know What You Can Do as a Worker to Prevent Slips, Trips and Falls

- Before starting work, look around your area and become familiar with your surroundings.
- Pay attention to your footing when carrying things.
- Keep the work area clear. Clean up or fix tripping hazards or inform your supervisor.
- Walk, don't run.
- Clean up after yourself.
- Cover or hang any cords. Unplug when not in use.
- Stack materials neatly in a designated area and secure them so that they can't fall into pathways or work areas.