



# Weekly Safety Meeting

*Your Safety Is Our Business®*

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## Slips, Trips, and Falls Safety

Falls are of two basic types: elevated falls and same-level falls. Same-level falls are most frequent, but elevated falls are more severe. Same-level falls are generally slips or trips. Injury results when the individual hits a walking or working surface or strikes some other object during the fall. Over 60 percent of elevated falls are from less than 10 feet.

A "**slip**" occurs when there is too little traction or friction between the shoe and walking surface. A "**trip**" occurs when a person's foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off-balance. A trip most often results in a person falling forward while a slip most often results in the person falling backward. A "**fall**" occurs when you are too far off-balance.

Slips, trips, and falls are a leading cause of workplace injuries. What do experts recommend as the single most important step to take in preventing slips and falls? Simple...Housekeeping...keep floors clean, dry, and free of obstruction.

Survey the workplace to determine areas that could result in a fall. Look for areas that are poorly lit and contain slippery surfaces and objects such as hoses, cords, and trash. Determine steps to take to control and eliminate these potential causes for falls.

### Causes of Falls:

- Poor lighting;
- Slippery surfaces, wet, oily, icy;
- Hoses, cords, trash, cluttered aisles;
- Granular or powdered material;
- Footwear; and
- Uneven surfaces (such as cracks or holes).

### Examples of How Falls Occur:

- Reaching too far on a ladder;
- Standing on a ladder sliding out from its base;
- Falling from a stairway;
- Falling from a platform or scaffold;
- Falling through floor and roof openings;
- Falling from trucks and trailers;
- Losing your balance while standing on a box or chair; and
- Jumping down vs. three-point system.
  - 'Three points' means that both feet and at least one hand, or both hands and at least one foot, are in contact with the ladder, stairway, or platform to prevent falling while descending or ascending.



Slips, trips, and falls cause numerous injuries every day. But they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to cause any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

When it comes to safeguards against slips, trips and falls, nothing is more important than good housekeeping.

**Accidents Big or Small...Avoid Them All!!**



## Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests



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