



# Weekly Safety Meeting

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## Trip Injuries and Prevention

It often seems that attention is focused on unusual hazards with the most severe outcomes, not the more common hazards found in the workplace. A good example of a common hazard that can be overlooked is trip hazards. It is important to give attention to trip hazards in your work area to prevent yourself or a coworker from being injured.

### Trip Hazards:

There is an endless list of possible trip hazards found in a workplace such as:

- Extension cords;
- Tools, equipment, materials;
- Debris;
- Cracks in floors;
- Spaces or holes in flooring;
- Changes in elevation;
- Unexpected sloping; and
- Loose carpet or rugs.

### Environmental Factors:

Certain environmental factors in a workplace can also increase the chance of a trip occurring when paired with the above hazards.

Common environmental factors that increase risk of trip incidents:

- Glare;
- Poor lighting;
- Shadows;
- Excessive dust;
- Noise
- Temperature extremes; and
- Distractive work environment.

## Best Practices to Eliminate Trip Incidents:

Eliminating trip hazards is relatively simple compared to some workplace hazards. The lack of good housekeeping leads to the majority of trip hazards.

- Eliminate as many trip hazards as possible through proper housekeeping and work area setup;
- Paint or mark changes in elevation with bright paint or signage to alert others of the danger;
- Have any open holes, cracks, spaces, etc. on walking surfaces repaired as soon as possible; and
- Completely block off areas that have excessive trip hazards until fixed or addressed.

## Summary:

Do not let complacency creep in when dealing with addressing trip hazards. Do not underestimate how far simple measures such as good housekeeping practices can go in preventing injuries.

Evaluate your work area for the hazards and environmental conditions mentioned in this safety talk.

***DON'T GET TANGLED UP IN YOUR WORK!!***

