

SAFETY TALKS



SLIPS, TRIPS & FALLS

Slips, trips, or falls happen quickly and unexpectedly. Many times these accidents could have been prevented.

There are numerous hazards in a workplace. Some can be eliminated quickly and easily by keeping a watchful eye on key areas. Small, congested work areas; slippery or uneven floor surfaces; blind corners and single entrances to other work areas present a multitude of potential falls.

Some of these hazards not only present potential falls for employees, but also customers. This is why it is vital that employees follow simple steps to reduce the chance of a slip and fall injury from occurring in your facility.

SLIPS

A loss of balance caused by too little friction between your feet and the surface you walk or work on. Loss of traction is the leading cause of workplace slips. Slips can be caused by wet surfaces, spills or weather hazards like ice or snow. Slips are more likely to occur when you are in a hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking.

- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.

- Clean up or report spills right away. Even minor spills can be very dangerous.

- Don't let grease accumulate at your work place.

- Be extra cautious on smooth surfaces such as newly waxed floors. Also be careful walking on loose carpet.

- Utilize non-slip mats and/or tape in appropriate areas such as external doorways and in kitchens.

- Display appropriate warning signs for wet areas, especially when mopping or cleaning.

- Wear non-slip shoes at all times.

TRIPS

Occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going.

- Make sure you can see where you are walking. Don't carry loads that you cannot see over or around.

- Keep walking and working areas well lit, especially at night.

- Keep the workplace clean and tidy. Store materials and supplies in the appropriate storage areas.

- Arrange furniture and equipment so it doesn't interfere with walkways or pedestrian traffic.

- Properly maintain walking areas and alert appropriate personnel regarding potential hazards. .

FALLS

Occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.

- Don't jump off landings or loading docks. Use the stairs.

- Repair or replace stairs or handrails that are loose or broken.

- Keep passageways and aisles clear of clutter and well lit.

- Wear shoes with appropriate non-slip soles.

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SLIPS, TRIPS & FALLS COMPREHENSION QUIZ

1. Which is not a way to prevent slips?
 - A. Use non-slip mats
 - B. Clean up spills immediately
 - C. Wear slick soled shoes
 - D. Display warning signs for wet areas

2. Which is not a way to prevent trips?
 - A. Carry as many items you can manage
 - B. Use reflective tape
 - C. Keep walkways clear of clutter
 - D. Arrange furniture and equipment so it doesn't interfere with walkways

3. Which is not a way to prevent falls?
 - A. Repair loose handrails
 - B. Jump from the loading dock to save time
 - C. Wear non-slip soled shoes
 - D. Keep aisles clear of clutter

4. Which type of accident is responsible for the most workplace fatalities?
 - A. Slips
 - B. Trips
 - C. Falls
 - D. All of the above

5. Which physical factors are involved in slips, trips and falls?
 - A. Cords running across a walkway
 - B. Uneven surfaces
 - C. Icy sidewalks
 - D. Friction, momentum and gravity

