

Safety Training	Training Month	Date
SLIPS, TRIPS & FALLS	February	2015

Thousands of Americans die every year from slips, trips and falls at work. There are different types of falls that can happen while you're on the job – and what you can do to prevent them before you get hurt!

■ **Types of falls:**

- Same-level falls: These happen on the same level and include slip and falls, trip and falls, step and falls
- Elevated falls: These are falls from heights, like ladders, platforms or stairs

■ **Same-level fall prevention:**

- Good housekeeping: A clean workplace is a safer workplace
- Spills: Rope them off, clean them up, and alert your co-workers and supervisor
- Cords: Always use cable covers or tape to prevent co-workers from tripping over cords
- Behavior: Don't rush, be aware of your surroundings, cut down on distractions, don't carry too much at once, and use handrails
- Don't work in dimly lit areas – instead, change light bulbs, use a flashlight or alert a supervisor
- Make sure your shoes are in good condition and tightly tied every shift
- Remember the Four Fs: Fix it, Flag it, Forewarn and Find



A slip is caused by the absence of sufficient friction between a person's feet and his/her walking surface.

■ **Elevated falls:**

- Be careful when working at heights
- Falls from ladders are very common, so use them carefully
- Choose the right ladder and climb it correctly: Keep rungs at the arch of your foot as you climb, and grasp the side rails with your hands, not the rungs
- When using a ladder, don't reach too far to the right or left – it could upset your balance and make you fall
- Wear the proper fall protection if working more than a few feet or more above the ground, like fall arrest protection, safety nets and guardrails
- Guardrails must be 42 inches higher than the working surface
- Safety nets and fall arrest protection should keep you from free falling more than six feet



A trip is a loss of balance that occurs when the forward or backward movement of one foot or both feet is interrupted.

■ **Remember:**

- Falls, from any level, can lead to sprains, strains, broken bones, busted backs and even death
- You can prevent falls at work by: Adjusting your behavior, keeping the workplace clean, wearing fall protection and using equipment – like ladders – safely
- The Four Fs: Fix it, Flag it, Forewarn and Find



A fall is the consequence of a slip. Falls happen when an irregular body movement disrupts balance.