



# MAFES Dawg Tracks

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## Safety Tips: Prevent Slips, Trips & Falls



Slips, trips, and falls are among the most frequent types of incidents, and second only to motor vehicle incidents as a cause of death. More than one million people will suffer from a fall this year. An estimated 300,000 disabling injuries from falls in the American workforce resulted in 1,400 worker deaths annually. The National Institute for Occupational and Safety and Health showed that falls were the second leading most prevalent injury nursery workers sustained in the South.

### Safety professionals recognize 2 categories of falls:

- ✓ **Elevated falls** – These occur less often but are more severe than same-level falls.
- ✓ **Same level falls** – These occur more frequently but are generally less severe than elevated falls.

### BE ON THE ALERT FOR HAZARDS-

- ✓ Slips, trips and falls, as mentioned above, are the major cause of accidents, both on and off the job.
- ✓ Some are minor, some are serious- some result in disabling injuries or even death. Some result on lost days of work.
- ✓ You can prevent slip and fall accidents by paying close attention to what you are doing and where you are going.
- ✓ Be on a constant look out for hazards:
  - ~Obstacles in the aisles and walkways, such as empty cartons, boxes, electrical cords, hoses or trash.
  - ~Unsafe ladders or stairs.
  - ~Uneven floor surfaces and rough outside terrain.
  - ~Slippery surfaces, such as wet concrete and ice at entrances and parking lots during the colder weather.
  - ~Poor lighting.

If you spot any of these hazards, immediately correct them or report them to your supervisor.

### SAFETY TIPS: AIDS TO PREVENT FALLS-

- Carefully inspect ladders before each use.
- Check stairways for loose or missing hand rails, broken or slippery stairs and clutter blocking safe passage.
- Wear shoes or boots with non-skid soles and don't run.
- Don't stand on chairs or boxes in place of ladders.
- Keep away from edges of loading docks and other ledges.
- Don't let objects that you are carrying block your vision.
- Make sure that you have adequate lighting.
- If an obstruction is immovable, walk around it and not over the top of it.
- Wear proper clothing. Pants that are too long can hang on the heel of your boots or shoes.
- Be sure that your shoe laces are tied securely.
- Use steps- don't jump.

### DO-

- ❖ Be on the lookout for slip or trip hazards- wet floors, hoses or cords in the walkway.
- ❖ Wear appropriate clothing, including shoes or boots with non-skid soles.
- ❖ Pick up items left on the floor that might cause you to trip.

### AVOID SLIPPING AND TRIPPING-

- Watch for wet surfaces. Chemical spills, water, ice, grease and oil can result in dangerous walking conditions.
- Report chemical spills to your supervisor immediately. Apply sand to the icy spots, and clean up other spots as you see them.
- Be extra careful around freshly waxed floors and tile- they can be super slick.
- Keep your work areas clean. Don't leave your garden tools, pots, paint cans, gasoline cans or other objects lying around on the floor.
- Don't leave cords or water hoses lying across walkways or doorways.
- Take a little extra time to maintain clean walkways and walking paths free of debris or clutter that could cause a trip hazard.
- Keep all drawers closed.
- Be careful with long pants cuffs or other articles of loose clothing that could cause you to trip and fall.

### OTHER MISCELLANEOUS SAFETY TIPS-

- Don't be in a big hurry. Refrain from running up and down stairs.
- Keep an eye out for potential slip, trip and fall hazards.
- Use the 3-point analogy for climbing or descending a ladder- 1 hand always on the ladder and both feet on the rungs while you are working.
- Always use the handrails- they are there for your protective aid.
- Don't carry heavier loads than you can handle. Maintain your balance and maintain a clear vision so you can see where you are going.
- Put trash in the proper containers.
- If you happen to walk upon cracks, breaks or loose tiles or other flooring materials, report it to your supervisor.
- Be aware of the areas that you are walking on. Example: Outside terrain that you can't physically mitigate - you need to take extra precaution in your walks in these areas.

### DON'T-

- ⊕ Carry loads that are too heavy or that will block your vision.
- ⊕ Use unsafe ladders and don't run up and down stairs.
- ⊕ Ignore potential hazards – correct them or report them to your supervisor.

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Excerpts: [www.gemplers.com](http://www.gemplers.com)

**THE CHANCE TAKER IS THE ACCIDENT MAKER**  
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**YOU FALL, YOU CALL, WE HAUL THAT'S ALL!!**