

MAFES Dawg Tracks

May 2, 2016



MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

*Prevent Slips,
Trips & Falls*

Slips, trips, and falls have the potential to be a major cause of injury for employees and guests on your properties. There's a misconception about slips, trips, and falls, saying "that they just happen," and there is little that can be done to prevent them.

This misconception can be controlled if attention is paid to the areas that have the potential for causing these incidents by being conscious of safety awareness in the respective workplaces.

Slips, trips, and falls are:

- ✓ The 2nd leading cause of all workplace accidents on the same level.
- ✓ According to Travelers Insurance – 25,000 slip, trip, and fall accidents occur daily in the USA.
- ✓ The National Institute for Occupational Safety and Health revealed that:
 - ~ Over 1 million people will suffer disabling injuries from falls each year in the USA.
 - ~ An estimated 300,000 disabling injuries from falls in the USA workforce resulted in 1,400 deaths annually.

Following are some facts and hints that will help to control these types of injuries, if practiced:

Be on the alert for Hazards-

- Pay close attention to the work that you are doing and where you are going.
- Be on the lookout for potential hazards in cluttered aisles and walkways, such as empty cardboard boxes, electric cords on the floor, hoses, unsafe ladders, or stairs.
- Look out for uneven floor surfaces or outside rough terrain.
- Watch out for uneven floor surfaces, such as wet concrete, clutter on wet walkways, and ice on surfaces in the winter months.
- Poor or insufficient lighting.

Employees and supervision, hopefully, will be conscious of these potential hazards and get them corrected before an employee or outside visitor has an injury from one of these potential hazards.

Tips for Fall Prevention-

- ✓ Inspect all ladders before each use for broken or missing parts.
- ✓ Check stairways for missing parts or railings, broken or slippery stair steps, or clutter.
- ✓ Wear shoes or boots with non-skid soles and heels, and no running or taking multiple steps when ascending or descending stairs.
- ✓ Don't attempt to use boxes or chairs instead of ladders for getting to high places.
- ✓ Stay away from or at least be extra careful at the edge of loading docks and ledges.
- ✓ Refrain from carrying boxes or other articles that will block your vision when you are walking.
- ✓ If you come upon an obstacle that you can't move, then walk around it.

- ✓ Make sure that you have adequate lighting in the area that you are working in.
- ✓ Wear proper clothing – wear pants that the cuffs are not so loose that they snag on something and shirts with no loose sleeves. Be sure that your shoe or boot laces are tied tightly.

Avoid Slipping and Tripping-

- ✓ Watch out for wet surfaces, such as chemical spills, grease, oil, water, and ice – any of which can make walking hazardous.
- ✓ If any of the above potential hazards appear, please report it to your supervisor immediately.
- ✓ Keep your work area clean. Don't allow tools, scrap metal or wood, paint buckets, gasoline containers, etc. to be left on the floor for a potential trip hazard.
- ✓ Use handrails on the staircase.
- ✓ Don't overload yourself. If the load puts you in a strain, call for help or get a machine to assist in the moving. When you are carrying a load, keep a clear field of vision so you can see where you are going.
- ✓ Put trash in the proper containers.
- ✓ Notify your supervisor if you see broken concrete sidewalks, torn carpet, or missing floor tiles.
- ✓ Be careful on strange terrain – watch where you are walking as the area may be uneven or have depressions unfamiliar to you.
- ✓ In office or work areas, be sure to keep all drawers shut. Open drawers are trip hazards waiting to happen.

Habits that Help to Prevent Falls-

- **Be aware of your surroundings** – As mentioned above, watch for uneven ground, floor or carpet defects, etc.
- **Get plenty of rest, proper nutrition and good hydration.**
- **Simplify the area** – Move out clutter and arrange work furnishings in office areas and shops that lend the least interference for walking and moving through the respective areas.
- **Avoid trips** – Keep the floors, stairwells, and hallways clear of clutter.
- **Clearance** – Hallways need to have 36 to 45 inches of clear walkways.
- **Hold On** – When manually carrying loads, keep a tight hold on the packaging.
- **Pay Attention** – Stay focused on your business! Don't wander off in left field and forget what you are doing. Maintain your presence and the clothing that you work in.
- **Exercise** – Regular exercise will improve all facets of your life – get on a program for maintaining your body tone.
- **Medication** – If you have to take a prescribed medication, take it according to the doctor's instructions.
- **Refrain from un-prescribed drugs – they will harm you and could cause you to lose your job.**

**A SPILL - A SLIP -
A HOSPITAL TRIP!
CHANCE TAKERS ARE ACCIDENT MAKERS**

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