

MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

*Safety Tips: Prevent
Slips, Trips, and Falls*

A slip, trip, or fall at work or outside of work can result in a very serious injury or maybe death. In 2013, there were 229,190 injuries from slips, trips, or falls involving lost work days (NSC).

After looking at the facts, it is easy to deduce the fact that slips, trips, and falls are the major cause of accidents, both on and off the job. Many of these injuries can be prevented by paying attention to what you are doing and where you are going.

BE ON THE LOOKOUT FOR HAZARDS-

- ✓ Obstacles such as empty boxes, extension cords or other cords, boxes, hoses, or trash located in aisles, walkways, or stairways.
- ✓ Unsafe ladders or stairs.
- ✓ Uneven floor surfaces or outside rough terrain.
- ✓ Slippery surfaces such as wet concrete or ice on walkways, at entrances, and in parking lots.
- ✓ Poor lighting.

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

SAFETY TIPS FOR PREVENTING FALLS-

- Carefully inspect ladders before each use.
- Check stairways for loose or missing railings, broken or missing stair steps, or clutter in these areas.
- Wear shoes with non-slip soles. Refrain from running.
- Don't stand on boxes or chairs; take the few extra minutes to get a ladder.
- Keep away from the edges of loading docks and other ledges that could enhance a fall.
- Don't overload yourself so much that you block your vision.
- Make sure that there is adequate lighting in the area that you are working.
- If you have an obstacle in your walkway, walk around it or move it, but do not attempt to walk on it.

DO'S AND DON'TS OF SLIPS, TRIPS AND FALLS

DO:

- ✓ **Be on the constant lookout for such hazards as wet, slippery spots and for cords or hoses in walkways.**
- ✓ **Wear the appropriate clothing, including shoes with non-slip soles.**
- ✓ **Pick up items that don't belong on the floor.**

- Wear proper clothing- be careful with long pants with cuffs. They could hang on your shoe sole or on an outside obstacle resulting in a trip or fall.
- Use the steps! Don't jump. Climb stairs one step at a time, and not two or more.
- Maintain good lighting. Change out burnt or spent bulbs when you notice that they are not in service.

AVOID SLIPPING AND TRIPPING-

- Be careful around wet surfaces, chemical spills, grease, oil, water, and ice covered surfaces.
- Immediately report chemical spills to your supervisor. Clean up other spills as you see them.
- Always keep an eye out for potential hazards; report them to your supervisor.
- Use both hands when climbing a ladder. Keep at least one hand on the ladder and both feet on it while you're working. Use the handrails on stairs for extra security.
- Don't overload yourself. Maintain your balance when you're carrying a load. Always maintain a clear field of vision so that you can see where you are going.
- Put trash in the proper receptacles.
- If you should encounter in working areas broken tiles, concrete, or holes that are potential hazards report these to your supervisor.
- Be careful when walking outside on uneven soil surfaces.
- Keep work areas clean – make sure tools, paint buckets, gasoline cans, packaging material, and other items on the floor are returned to their proper location.
- Don't leave electric cords, water hoses, or air hoses on the floor which enhances the potential for a trip hazard.
- Develop a program to check and clean walkways and aisles to maintain clear passage.
- If there are areas where cords have to across walkways, be sure to cover them with strip covers.
- In the office areas, be sure to keep file cabinets and desk drawers shut.

DON'T:

- ✓ **Carry loads that are too heavy or that might block your vision.**
- ✓ **Use unsafe ladders or stairs and refrain from running up and down stairs**
- ✓ **Ignore potential hazards. Correct them or report them to your supervisor.**

Ted Gordon-Risk Mgmt. / Loss Control Mgr.
MAFES/MSU-ES (662) 566-2201
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BE AWARE OF SLIPS, TRIPS, OR

<> FALLS <>

WIPE IT UP TO AVOID A SLIP UP!!