



MAFES DAWG TRACKS

Statistically, falls are the most common reason for workplace injuries. A fall can be the result of anything from a ladder slipping during a repair, tripping over a power cord across the office floor, or falling from a roof or tall equipment.

What can be done to prevent falls?

- Provide working conditions that are free of known dangers. Identify fall risk areas and take action to decrease the risk.
- Keep floors in work areas clean, dry, and organized. Prevent clutter; having to step over and around items in the floor, is a trip/fall risk.
- Require personal protective equipment (PPE), such as slip resistant footwear and fall harness, where needed.
- Train workers about job hazards. Be sure workers understand fall risk areas of their specific job task, how to avoid them, and how to use any needed PPE.

When is fall protection required?

- All elevated surfaces 4 feet or more high in general workplaces or over 6 feet in construction. *(This does not apply to portable ladders.)*
- When working over dangerous equipment & machinery, no matter the fall distance.

What are some fall protection items?

- Stair railing
- Handrail
- Toe-board
- Covers (over holes)
- Safety harness & lines

Fall Prevention Tips:

- ✓ Keep obstacles such as cords, hoses, trash, and clothes out of aisles, stairways, and walking paths.
- ✓ When laying cords across a walking paths cannot be avoided, cover them with a cord protector or temporarily tape them down to prevent trips.
- ✓ If you should encounter broken tiles, concrete, damage to step surfaces or holes that are potential hazards report these to your supervisor.
- ✓ Prevent rugs or entrance mats from slipping or becoming trip hazards.
- ✓ Consider adding slip resistant, grip tape to equipment steps or platforms that are potentially slippery areas.
- ✓ Inspect ladders before use for loose or damaged components.
- ✓ Ensure extension ladders are set at the correct angle (place base ¼ of its working height out, away from the wall).
- ✓ Keep footwear and access steps clean from mud and debris to prevent slips.
- ✓ Only use fall arrest systems that have been evaluated for appropriate anchor point & lanyard length.
- ✓ Cleanup what is spilled (coffee) or leaked (hydraulic fluid) no matter if in the office, shop or what work area.
- ✓ Place “Wet Floor” or other caution signs out when needed.

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Sources:

<https://www.osha.gov/fall-protection>
<https://www.safetyandhealthmagazine.com/>