Safe Practices:

* Slow down and watch where you are going.
* Wear appropriate clothing – slips and trips can be from baggy or flared pant cuffs.
* Keep an eye out for clutter on floor and for changes in the floor level.
* Clear and pickup tools or materials on the floor. Practice good housekeeping!
* Clean up spills immediately and use “Caution – Wet Floor” sign until area is dry.
* Do not allow cords, cables or hoses to cross walk-ways or pathways of pedestrian traffic.
* Make sure stairs have proper handrails, the treads and risers are maintained and treads have a slip-resistant surface.
* Make sure elevated work platforms for guardrails, toeboards and permanent means of access.
* Maintain portable ladders – be sure the ladder is in good condition, uniform spaced rungs and non-slip safety feet and train employees in the safe use of ladders.
* Make sure adequate lighting in work areas to prevent falls.
* Before mounting or dismounting a vehicle, be sure to have a good hand-hold before stepping up or out of the vehicle and be sure to always face the vehicle when mounting or dismounting.

Conduct a monthly inspection of the work areas to identify any slip, trip and fall hazards. It is important to address these hazards immediately.

***PREVENTION***

***SLIPS, TRIPS & FALLS***

Falls are the leading cause of injuries in the workplace. Most of these workplace falls are from the same level and not from heights – such as if you lose your footing or balance.

Falls from the same level such as floors, platforms and stairways may be slippery. Trips can occur from electrical cords, boxes, equipment or other items left in aisle or walkways.

Falls from a higher level to a lower level may occur from missing guardrails, handrails, stairway treads or missing toeboards. On portable ladders the distance between runds may not be uniform, ladder missing non-slip safety feet or employee is not trained in the safe use of ladders.

Slips can occur when there is a loss of friction between your feet and the surface you walk or work on and the loss of traction is the cause of workplace slips. Trips can occur when you are moving with enough momentum – such as when your foot hits an object when walking and you lose balance causing workplace trips. In either a slip or a trip, when your body’s center of balance is displaced – there is nowhere to go but down.

OSHA FACT

Falls are one of the leading causes of unintentional injures in the U.s. which accounts for approximately 9.2 million visits to the hospital.

SIGN IN SHEET

**TOPIC: Slips, Trips and Fall Prevention**

Date: Time: AM / PM

Conducted By:

Translated By:

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