

Slips, Trips, and Falls



Slips, Trips, and Falls Cause Many Injuries –Sometimes Serious Ones

- Ä Thousands of disabling injuries- and even deaths- occur each year as a result of slips, trips, and falls:
 - Â From heights, on stairs, and on level ground
 - Â At work and at home





Trips

Trip

- hit an object, lose your balance and fall

Common Causes:

- Â Obstructed view
- Â Poor lighting
- Â Clutter in your way
- Â Wrinkled carpeting
- Â Uncovered cables
- Â Drawers not being closed
- Â Uneven (steps, thresholds) walking surfaces

Falls

Fall:

- when you lose your balance & drop to the floor

There are three types of falls:

Ä Falls on the same level

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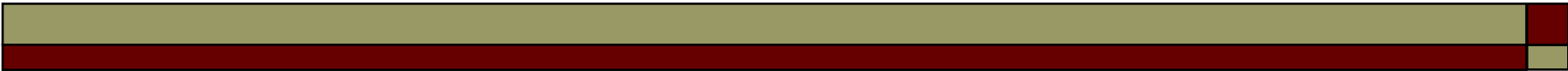
Maintain Work Areas to Prevent Slips, Trips, and Falls

- Ä Keep walkways, aisles, and stairs free of equipment, materials, and other hazards.
- Ä Clean up any leaks or spills on floors, stairs, and entranceways promptly.
- Ä Repair or report floor problems, such as missing tiles, etc.
- Ä Block off and mark floor areas that are being cleaned or repaired.
- Ä Keep cords, cables, or hoses out of walkways. If it can't be avoided, make sure the area is marked off.
- Ä Place trash promptly in proper containers.
- Ä Keep drawers closed.



Choose and Use ladders Carefully

- Ä Use a ladder, not boxes or chairs, to reach high places.
- Ä Use only ladders that have all their parts.
 - Â Check that cleats, rungs, and steps are firm and unbroken.
- Ä Choose a ladder that's the right height for the job.
- Ä Place ladders firmly on level surfaces.
- Ä Hold the rails and face the ladder as you climb it.
- Ä Center your body between the ladder rails; don't lean to the side.



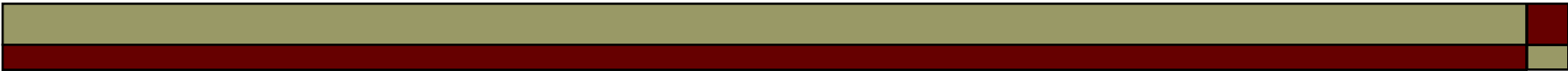
Pay Attention to your Movements and Surroundings

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- Ä Report or replace any burned out lights or inadequate lighting.
- Ä Watch out for floors that are uneven, have holes, etc.
- Ä Keep your hands at your sides, not in your pockets, for balance.
- Ä Don't carry loads you can't see over.
- Ä Walk slowly on slippery surfaces.
 - Â Slide your feet and avoid sharp turns.

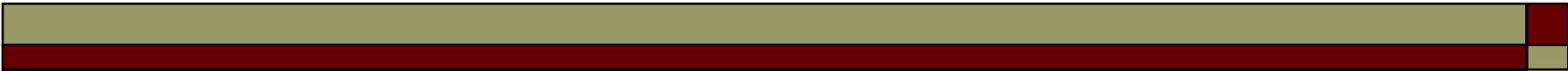
Pay Attention to your Movements and Surroundings

- Ä Sit in chairs with all four chairs legs on the floor. Make sure all wheels or casters are on the floor.
- Ä Be constantly alert for-- and remove or go around-- obstructions in your path.



Learn to Fall ‘Properly’

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Conclusion:

Be Alert and Safety Conscious— Prevent Slips, Trips, and Falls

- Ä Pay attention to your movements and remove potential hazards from your path so you, and others, won't be injured by slips, trips, and falls.

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