

MAFES Dawg Tracks



January 7, 2008 *Safety Tips: Avoid Slips, Trips & Falls*



Slips, trips and falls are some of the most common types of accidents in all workplaces. Agriculture is no different; we have our share of these as well.

In a survey conducted by the University of Florida, they found that:

- ~ 76% of all falls were on same level as walking or working surfaces.
- ~ 26% of elevated fall injuries originated in fruits and vegetable production.
- ~ 12% of same-level falls came from livestock and horticultural injuries.
- ~ 25% were from vehicle or other mobile equipment.

The costs of these injuries in this survey were found to be the following:

- The average direct cost for a disabling injury is approximately \$28,000.
- The indirect cost is approximately \$48,000.
- A death from a fall on the job approaches approximately \$940,000.

This doesn't take into account the factors that are hard to calculate, like personal and family cost and emotional traumas.

The survey also revealed that 37% of back injuries resulted from elevated falls and 29% were from same-level falls.

Falls are very common and a fact that is surprising is that you fall 16 feet in one second.

Obviously, one of the major causes of falls is tripping over an obstacle. The other cause is slipping.

HOW WE CAN PROTECT OURSELVES TO PREVENT SLIPS, TRIPS OR FALLS

- Slow down! Many falls occur because we walk too fast and overlook a possible obstacle.
- Look for broken tiles or concrete, torn carpet or loose tiles. Report them for repairs.

- Don't Run! Running reduces your concentration and awareness of obstacles that cause you to slip or trip.
- Watch your paths of walking. Don't assume that the pathways are clear. Look for clutter in the area where you are walking. On a sidewalk, watch for broken concrete or sunken areas which causes uneven steps.
- Wear shoes or boots with good heels (low types for the women) and walking heels for the men. Men especially should have soles or boots with good treads on the soles for adequate traction. Keep shoe laces or boot laces tied tight.
- It is possible to trip over your clothing. This is especially true now with some of the styles that we are seeing. Baggies or flare bottoms can be a possible hazard, especially if they drag the ground.
- Maintain adequate lighting. Adequate lighting around barns, shops and office areas can be an excellent deterrent to slips or trips. Also in areas with multi floors, keep the stairs clear and clean.
- Keep cord, cables and hoses clear of walkways.
- Shop areas - Don't leave tools or scrap in the area. Return tools to their rightful location and clear areas of any scrap materials left over from the project.
- Carrying a load – Be sure that the way is clear and you can see over and around your load.

**FALLING OBJECTS CAN BE
BRUTAL
IF YOU DON'T PROTECT
YOUR NOODLE!!**