



MAFES Dawg Tracks

January 16, 2012



*Safety Tips:
Slips, Trips &
Falls*



Slips, trips and falls are responsible for the majority of all work place accidents. They are second only to vehicle accidents. Slips, trips and falls result in multiple types of injuries to head, neck, and back, causing broken bones, cuts and lacerations, or sprained muscles.

The Bureau of Risk Management identified “**slips, trips, falls**” as one of the top five causes of workers’ compensation claims over the last 6 years.

“**Slips**” result when there is insufficient traction or friction between the shoe or boot and the walking surface.

“**Trips**” happen due to a person’s foot contacting an obstacle or object in their walkway, or the walkway level varies up or down and throws you off-balance. If a slip occurs, the victim will usually fall backwards, and if a trip occurs, they will fall forward.

“**Falls**” occur when the person is off-balance.

Some bureaus that track these fall injuries put the figure at an estimate of 30,000 disabling injuries each year and approximately 12,000 deaths. Their estimate is that 1 in 10 of these deaths happen in the workplace.

Watch where you are going-

This title tells you in five words the most sound advice in the world to avoid falls. Walking is so common with all of us that we do it without thinking and in most cases this is where the problem lies. According to the National Safety Council (NSC), pay attention to where the most common hazards are:

- | | |
|---------------------------------------|---------------------------|
| Hidden steps | Smooth surfaces |
| Oil & Grease | Loose, irregular surfaces |
| Wet spots | Wet surfaces |
| Darkly lit stairways | Unsafe chairs |
| Obstructed aisles | Moving too fast |
| Implement ladders
with muddy steps | |

Factors that contribute to Slips, Trips & Falls-

- ✓ Wet/slick surfaces – Wet/slick surfaces are the major cause of slips. Highly polished floors, slick marble floors, or ceramic tile floors, wet or dry, can be very slippery. Add water to these and it really gets hazardous. In some areas you can add anti-skid absorbent tape. At entryways use anti-absorbent mats to wipe feet. The entry mats need non-slip backing or they will create their own hazard by slipping when you step on one.
- ✓ Display “WET” signs for folks to be able to see and avoid.
- ✓ Clean up spills and leaks as soon as possible.
- ✓ A common fallacy is using chairs for ladders. Many accidents occur with this problem. Refrain from using any chair to replace a ladder.

When it becomes necessary to walk on hazardous surface-

- Wear proper footwear for better traction on slippery surfaces.
- Point your feet outward to keep your balance underneath you.
- When in doubt of a step, use your foot as a probe to be conscious of hazards associated with slips, trips, falls.
- Avoid heavy loads that might impair your balance.
- Use special care when entering or exiting vehicles and farm equipment.
- Watch for “black ice” after streets and roads have been cleared of snow and ice and they re-freeze.
- Whether you’re climbing or descending stairs use handrails on equipment and also use the handrail on staircases.
- Make sure that staircases are clear of obstacles.
- When you’re climbing or descending stairs and carrying a load make sure that you can see above and around your load to avoid a fall.

Please be careful. Proceed on foot with care and focus to avoid becoming a statistic.