



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND FORESTRY  
EXPERIMENT STATION

# 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/>