

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Topic C192: Slips, Trips, & Falls (B)

**Introduction:** Prevention of slips, trips, and falls requires that all personnel recognize the elements that create the hazards. Ongoing training is an excellent method with which to enable workers and supervisors alike to identify and eliminate the conditions that can lead to slip, trip, and fall injuries.

**Preventing Injuries from Slips:** Although engineering controls, such as non-skid coatings on floors or step surfaces, are implemented to reduce the threat of slips, trips, and falls, the right footwear can also play an important role. The material that the sole of a shoe is made from will provide varying amounts of traction, depending on the type of floor. For instance, shoes with neoprene soles can be used safely on most wet or dry work surfaces. However, they are not recommended for oily conditions.

**Avoiding Trips:** Trips happen when a work area is cluttered, when lighting is poor, or when an area has loose footing. You can avoid trips by:

- Making sure you can see over the load you are carrying
- Ensuring that lighting is adequate
- Keeping work areas free of clutter and litter
- Keeping equipment out of walkways and other traffic areas
- Taping down extension cords or keeping them out of walkways

**Falls Prevention:** Most falls are same surface (not from one elevation down to another) falls. Falls from heights should be eliminated by taking the proper safety measures such as wearing fall protection and installing guardrails or barriers. To avoid falls consider the following measures:

- Do not jump. Carefully lower yourself while climbing down from trucks, work stages, or ladders.
- Check lighting. Make sure work areas are well lit.
- Repair or replace stairs or handrails that are loose or broken.
- Keep passageways and aisles clear of clutter.
- Wear boots or shoes with appropriate non-skid soles.

Floors should be properly cleaned. After cleaning the floor, ensure that no slippery cleaning agent has accumulated.

**Workers can protect themselves from slips, trips, and falls by following these common sense suggestions:**

- Workers should wear shoes suitable for the conditions in the work area.
- Floors should be properly cleaned. After cleaning the floor, ensure that no slippery cleaning agent has accumulated.
- Alert employees to wet surfaces. Post signs and barricades in the area to warn of wet surfaces.
- Add traction aids to slippery surfaces or surfaces that are frequently oily or wet.
- Keep work areas free of clutter and debris.
- Walking surfaces must be maintained in good condition.
- Walkways and aisles must be kept clear.
- Give stairways special attention. Repair loose stair treads, broken floor boards, and unstable handrails.
- Immediately clean up any spills, water, or oil on steps.
- Make sure stairways are well-lit.
- If working on elevated surfaces, ensure that shoes have adequate traction.
- Never walk backwards on an elevated surface.
- Install and use proper safety devices and equipment when working on an elevated surface.
- When working on an elevated surface, take extra caution to eliminate tripping hazards and obstacles.

**Conclusion:** It is not difficult to keep the workplace clear of slip, trip, and fall hazards. All members of the workforce must be properly trained in the recognition and avoidance of such hazards.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.