

## How do falls happen?

Statistics show that that about 60% of falls happen on the same level resulting from slips and trips. The other 40% of falls are from a different level, whether it be from a ladder, roof, down the stairs, or jumping to a lower level.

### Slips

The most common reasons for slips are:

- Wet or oily surfaces
- Occasional spills
- Weather conditions
- Loose or unanchored rugs and mats
- An uneven flooring or a difference in traction on the flooring

The best practices for prevention of slipping injuries are:

- Providing rugs and mats especially at door entrances
- Good housekeeping practices
- During heavy rain and snow, keep a mop and bucket, extra rugs, and towels handy
- Post "wet floor" signs when necessary
- Use industrial-type rugs and mats that are weighted and low pile
- Make necessary repairs or alterations to old, worn, torn, cracked floor surfaces
- In some instances non-slip footwear may need to be required



### Trips

The most common reasons for trips are:

- Not paying attention to where you are going
- Obstructed view or carrying an object which obstructs your view
- Poor lighting
- Clutter
- Wrinkled carpeting, crumpled rugs or mats
- Extension cords, wiring, telephone cords that are strung across the floor
- Lower drawers of file cabinets, desks, or shelving that have been left open
- Uneven walking surfaces

The best practices for prevention of tripping injuries are:

- Training and reminders to employees to stay alert and aware of their surroundings
- Take special precautions when carrying larger objects which obstruct your view especially if going up and down stairs or a ladder
- Provide adequate lighting in all work areas and stairways
- Good housekeeping practices
- Repair or replace older, worn carpeting and flooring
- Keep drawers closed, keep equipment and tools in their proper place

## **Truck and trailer mount and dismount**

When climbing into or out of the cab of a truck, mounting or dismounting a trailer or other vehicle/equipment always remember the 3-point approach. The 3-point approach means you are facing the vehicle or trailer at all times while keeping 2 hands and one foot or 1 hand and 2 feet in contact with the truck or ground at all times. This holds true for climbing onto or out of a truck/trailer.

## **Flooring Options**

Consider changing or modifying walking surfaces to make them more safe for the conditions your employees and customers may face.

- Recoating or replacing floors
- Installing extra mats or rugs especially at entrances
- Applying pressure-sensitive, abrasive strips or abrasive paint-on coatings
- If you have employees that stand in one area for much of their work day, use ergonomically cushioned mats that reduce fatigue and leg and back aches
- If you have greasy or consistently wet work surfaces, consider perforated rubber mats that allow water to stay below the walking surface

## **Reminder**

Everyone is responsible for paying attention and staying aware of their surroundings. At the same time, it is the employer's responsibility to provide a safe work environment for all employees. Good reminders:

- Take your time, slow down
- No running or horseplay
- Adjust your stride to the walking surface and task you are doing
- Slow down and make wide turns at corners