



CLEVELAND INTEGRITY SERVICES, INC.

Slips, Trips, and Falls

Goals: **This safety session should teach employees to:**

- Recognize the many workplace slip, trip, and fall hazards.
- Prevent conditions and acts that cause slips, trips, and falls.

Applicable Regulations: **29 CFR 1910.22(a)(1) and (2), 1910.23, 1910.25-27, .176**

1. Slips, Trips, and Falls Cause Many Injuries–Sometimes Serious Ones

Thousands of disabling injuries—and even deaths—occur each year as a result of slips, trips, and falls:

- From heights, on stairs, and on level ground
- At work and at home

2. Safety Regulations Try to Remove Slip, Trip, and Fall Hazards

OSHA and company rules try to prevent slips, trips, and falls by requiring:

- Floors that are kept clean, dry, and in good repair
- Aisles, stairs, and passageways that are free of clutter and obstructions
- Safe ladder design and use
- Rails and guards around floor and wall openings
- Clean, orderly, sanitary work areas

3. Maintain Work Areas to Prevent Slips, Trips, and Falls

- Keep walkways, aisles, and stairs free of tools, materials, and other hazards.
- Clean up any leaks or spills on floors, stairs, entrance ways, and loading docks promptly.
- Repair or report floor problems, such as broken planks, missing tiles, etc.
- Block off and mark floor areas that are being cleaned or repaired.
- Keep cords, power cables, and air hoses out of walkways.
- Place trash promptly in proper containers.
- Keep drawers closed.

4. Take Precautions on Stairs and Dock Edges

- Report missing or broken stair rails and slippery or damaged treads.
- Walk, don't run, on stairs. Hold onto stair rails while going up and down.
- Don't jump on or off platforms and loading docks, and stay away from edges.
- Don't carry a load you can't see over, especially on stairs or around dock edges.



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5. Choose and Use Ladders Carefully

- Use a ladder, not boxes or chairs, to reach high places.
- Use only ladders that have all their parts.
 - Check that cleats, rungs, and steps are firm and unbroken.
- Choose a ladder that's the right height for the job.
- Place ladders firmly on level surfaces.
- Hold the rails and face the ladder as you climb it.
- Center your body between the ladder rails; don't lean to the side.

6. Pay Attention to Your Movements and Surroundings

- Focus on where you're going, what you're doing, and what lies ahead.
 - Expect the unexpected.
 - Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with nonskid soles and flat heels.
- Avoid baggy or loose pants you could trip over.
- Walk, don't run.
- Wipe your feet when you come in from rain or snow.
- Report or replace any burned out lights or inadequate lighting.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. Slide your feet and avoid sharp turns.
- Sit in chairs with all four chair legs on the floor. Make sure all wheels or casters are on the floor.
- Be constantly alert for—and remove or go around—obstructions in your path.

7. Learn to Fall 'Properly'

If you do fall, you can reduce the chance of serious injury if you:

- Roll with the fall
- Bend your elbows and knees and use your legs and arms to absorb the fall
- Get medical attention after a fall to treat anything torn, sprained, or broken

Discussion Points:

- As you conduct this session, ask participants to identify possible slip, trip, and fall hazards in the work area. Have them remove hazards after the session.

Conclusion: Be Alert and Safety Conscious-Prevent Slips, Trips, and Falls

Pay attention to your movements and remove postential hazards from your path so you-and other won't be injured by slips, trips, or falls.