

Keep your home environment clear of tripping and falling hazards



Name:
Department:
Date:

AVOID SLIPS, TRIPS AND FALLS



THE SIMPSONS

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A LITTLE PREVENTION CAN SAVE A LIFETIME OF PAIN

SLIPS, TRIPS AND FALLS AREN'T FUNNY!

15% of all workplace injuries (including many serious injuries and deaths) are caused by falls, making slips, trips and falls the third highest risk category after traffic injuries and back injuries.

And if you think a slip or a trip will leave you with nothing more than a bruised elbow or a sore knee, think again.

Slips, trips and falls can result in major injury. Falls are a leading cause of accidental death, second only to auto collisions.

Two thirds of all falls occur on the same level and most are caused through human error—not watching out, running or walking too fast, slipping on an icy surface, tripping on a broken or uneven floor or a temporary obstacle left in an untidy work area. Other fall injuries occur when someone working at heights makes an unsafe move or fails to wear a fall arrester. Workers who work regularly at heights are often at most risk as they tend to be casual about fall protection.

TO REDUCE THE RISK OF A TRIP, SLIP OR FALL

- Wear suitable non-slip footwear
- Keep your work area and aisles and walking areas clear of tripping hazards
- Report fall hazards such as damaged flooring, wet or ice covered walkways
- Barricade or sign-post temporary slipping or tripping hazards in your work area
- Hold onto the handrail when negotiating stairs
- Use the proper fall protection equipment when working at heights
- Watch your footing and walk, don't run
- Check your path ahead when carrying an object that obstructs your view
- Use a ladder or proper elevation equipment—not a chair or other handy item—to gain height.