

Slips, trips, and falls are one of the leading causes of injuries and fatalities in the workplace and Weigand's **#1 CAUSE FOR INJURY IN 2019.**

According to OSHA, **slip, trip, and fall incidents cause 15% of all accidental deaths**, and are second only to motor vehicle incidents as a cause of fatalities on the job. These types of incidents are extremely costly to businesses.

Falls from elevation are often deadly or result in serious injury and may include falls from ladders, falls off of mobile equipment, falls from roofs or other elevated structures, etc. Slip incidents such as packed snow, ice, uneven or slippery surfaces. Trips can be caused by a multitude of reasons including poor housekeeping, changes in elevation, improper footwear, etc.



SLIPS

Slips are a loss of balance caused by too little friction between your feet and the surface you're walking or working on. Loss of traction is the leading cause of workplace slips. Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you're in a hurry or run, wear the wrong kind of shoes, or don't pay attention to the conditions of the area you're working in.



TRIPS

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you're in a hurry and don't **pay attention** to where you're going.



FALLS

Falls occur whenever you move too far off your center of balance. Falls account for more workplace **fatalities** than any other reason.

PREVENTION:

HOUSEKEEPING

- Daily, weekly and as needed, it's everyone's responsibility

REDUCE SLIPPERY SURFACES

- Maintain walking surfaces, salt when icy, add gravel up to an entry point, limit entry points that are hazardous and clean up spills

AVOID CREATING OBSTACLES IN WALKWAYS

- Injuries can also result from trips caused by obstacles, clutter, materials and equipment in aisles, corridors, entranceways and stairwells.

INDIVIDUAL BEHAVIOR

- It's ultimately up to each individual to plan, stay alert and pay attention.

MAINTAIN PROPER LIGHTING

- Construction areas, aisles, stairs, ramps, runways, corridors, offices, shops, and storage areas where work is in progress shall be lighted with either natural or artificial illumination.

PROPER FOOTWEAR

- The shoes we wear can play a big part in preventing falls and are a critical component of PPE. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls.



DISCUSSION POINTS

SLIPS, TRIPS, AND FALLS:

Identification & Prevention

DISCUSSION:

1) HOUSEKEEPING AND WALKWAY CONTROL

- Trip hazards come from clutter, cords, tools, materials, and uneven surfaces in walkways.
- Control slippery surfaces: salt/gravel when icy, limit hazardous entry points, clean spills promptly.

REVIEW QUESTIONS

- What are the top trip hazards on this site today, and where?
- What is our spill clean-up process (who, what, how fast)?
- Where do we need added controls (salt/gravel, mats, barricades, reroute foot traffic)?

2) INDIVIDUAL BEHAVIOR AND AWARENESS

- Plan your path, stay alert, and slow down - slips and trips increase when we rush or stop paying attention.

REVIEW QUESTIONS

- When do we tend to rush (start, breaks, end of day), and how do we prevent it?
- What conditions mean 'slow down now' (wet, ice/snow, poor lighting, uneven grade)?
- What's one habit you'll use today (scan ahead, 3-point contact, no running)?

3) FOOTWEAR, LIGHTING, AND ELEVATION

- Footwear is critical PPE - match traction/sole/heel to today's conditions.
- Maintain lighting in work areas; elevated work (ladders, lifts, roofs) can be deadly - use the right controls.

REVIEW QUESTIONS

- Does everyone's footwear match today's conditions? If not, what changes?
- Where is lighting inadequate today, and who will fix it before work continues?
- For elevated work today: what's the fall risk and what control are we using (tie-off/guardrails/ladder setup)?

