

SLIPS, TRIPS & FALLS

In our industry, we perform work on many different working surfaces. Some of these surfaces include: below grade trenches and excavations, frame and suspended scaffolding, mast climbers, and aerial work platforms. Slips, trips and falls can happen anywhere at these locations and on your jobsite. They can result in disability or death, and can lead to substantial costs to both the employer and injured worker. Slips, trips and falls are one of the most frequent causes of jobsite injuries.



Slips are defined as too little friction of traction between feet (footwear) and walking/working surface resulting in loss of balance.

Trips are defined as a foot or lower leg hitting an object and the upper body continuing to move resulting in a loss of balance. They also include stepping down to a lower surface and losing balance.

Falls are defined as going down quickly to a lower position when too far off center of balance. There are two types of falls: falls at same level and falls to a lower level.

Simple Rules to Follow:

The vast majority of slips and falls occur because the person is not paying attention to where they are walking or what they are doing and they either trip on something or the floor surface is slippery. Here are some simple rules, that when followed, should result in far fewer slips, trips, and falls on your jobsite:

- Focus on what you are doing, where you are going, and what lies ahead.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes or boots with nonskid soles and flat heels.
- Watch out for floors that are uneven, wet, or have holes.
- Clean up spills and wet areas and plan for good drainage during wet work activities.
- Don't carry loads that you can't see over.
- Ensure that there are proper walkways around the jobsite to the work area and keep them clear.

- Keep walking and storage areas clean and free of debris, scrap and other materials.
- Keep the parking area graded and smooth.
- Smooth out truck and equipment tire ruts.
- Route extension cords, hoses, etc. to minimize interference with foot traffic.
- Ensure that there is adequate lighting on the jobsite.
- Use the 3-point rule of one hand and two feet or one foot and two hands when climbing on and off equipment or using ladders.

If everyone on the jobsite follows these simple rules and helps watch out for each other, the results will be a safer jobsite with less injuries.

THINGS YOU SHOULD DO IN THE WORKPLACE:

- Perform good housekeeping to keep walk areas free of debris and hazards.
- Wear adequate safety shoes with slip resistant soles.
- Have adequate lighting throughout the jobsite to keep all areas well lit.

THINGS YOU SHOULD NOT DO IN THE WORKPLACE:

- Do Not walk past a hazard without addressing it.
- Do Not leave open holes in floors that someone could trip on or fall through.
- Do Not use defective ladders or stairs.

REVIEW QUESTIONS

- 1) Slips, trips and falls have only a minor impact on the workplace?
 - a) True
 - b) False**

- 2) You only need to pay attention to a slip, trip and fall incident if there are injuries.
 - a) True
 - b) False**

- 3) You and your co-workers must work together to eliminate slip, trip, and fall hazards.
 - a) True**
 - b) False

- 4) Good housekeeping plays a major role in preventing slips, trips, and falls on jobsites.
 - a) True**
 - b) False

Talk Given By: _____ Date: _____
Company: _____ Location: _____

Printed Name

Signature

Printed Name	Signature

Under the Occupational Safety and Health Act, employers are responsible for providing a safe and healthy workplace and workers have rights. OSHA can help answer questions or concerns from employers and workers. OSHA's On-site Consultation Program offers free and confidential advice to small and medium-sized businesses, with priority given to high-hazard worksites. For more information, contact your regional or area OSHA office, call 1-800-321-OSHA (6742), or visit www.osha.gov.

Through the OSHA and SWR Institute Alliance, the SWR Institute developed this toolbox talk for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.

