



TOOLBOX TALK



SLIPS, TRIPS & FALLS

In our industry, we perform work on many different working surfaces including below grade trenches and excavations, supported and suspended scaffolding, mast climbers, and mobile elevated work platforms. Slips, trips and falls can happen anywhere on your jobsite. They can result in disability or death and are one of the most frequent causes of jobsite injuries. ***Slip / Trip falls are the leading cause of lost time work injuries. They are the second leading cause of bodily injury claims, second only to auto vehicular.***



Slips are defined as too little friction between your feet and the surface you walk or work on 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. Trips also include stepping down to a lower surface and losing balance.

Falls are defined as going down quickly to a lower position when the body is 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 fewer slips, trips, and falls on the job site:

- Focus on what you are doing, where you are going, and what lies ahead.
- Take action to fix, remove, or avoid hazards in your path. ***Do NOT leave the hazard for someone else!***
- 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.
- Use drop overs to allow safe passage over hoses, wires, etc.
- 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.
- Safely route extension cords, hoses, and other obstructions to minimize interference with foot traffic.
- Ensure that there is adequate lighting on the jobsite.
- Use the 3-point rule: 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.

DO

- 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.
- Mark and/or control all unavoidable trip hazards.
- Protect both the public and workers, not just one or the other.

DON'T

- 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



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 National Safety Stand-Down
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OSHA POWERPOINT
 Slips, Trips, & Falls (STF)

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