

Slips, trips & falls with lifting & carrying safety



This module will raise awareness and assist in the understanding of the most dangerous hazards, statistics, dangerous surfaces and obstructions, and identify preventative actions you can take to prevent accidents.

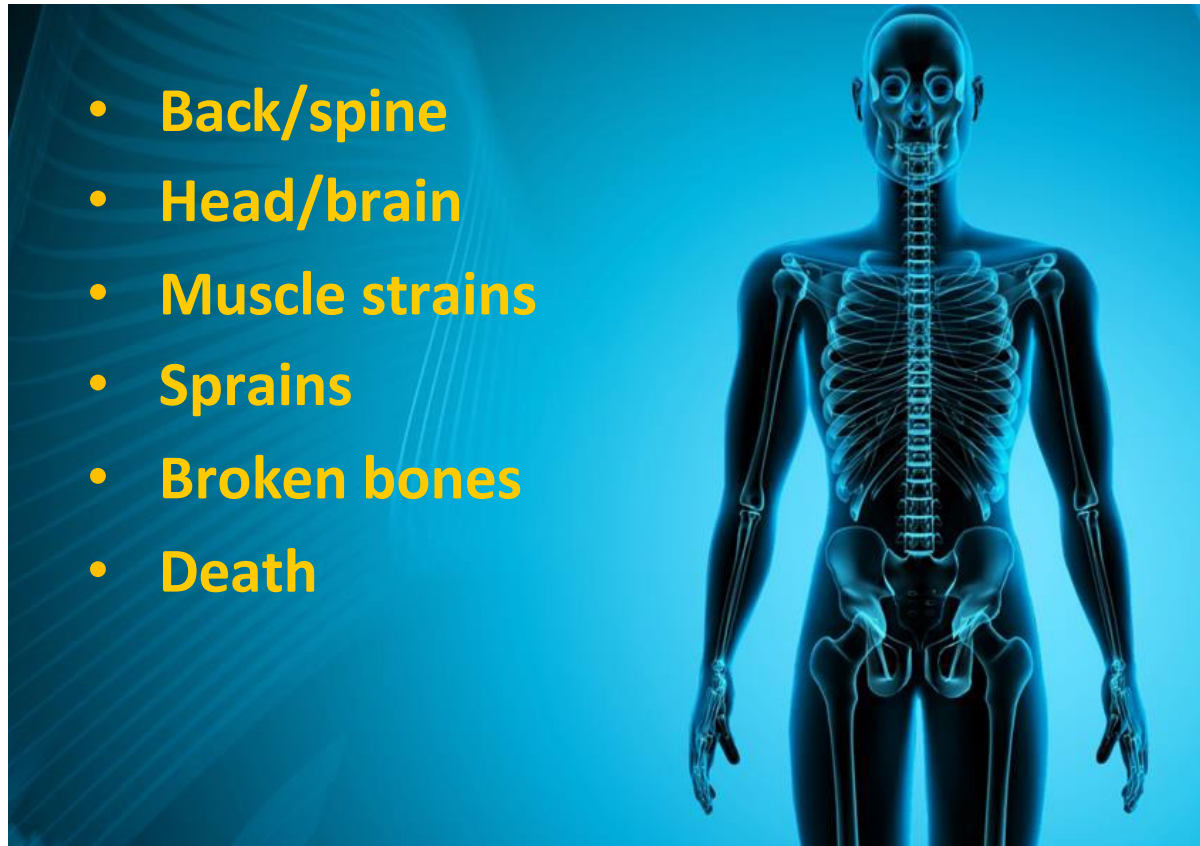
During the module you will answer Quick Quizzes to help you review and test your understanding; these are not scored.

This module will take 20 minutes to complete.

The Statistics Don't Lie - The number of cases resulting from slips, trips, and falls increased by 6.9 percent from 2013, according to the Bureau of Labor Statistics.

Year	Incident		Total Year-to-Date Injuries	Percentage of All Injuries
2013	Slips, Trips, & Falls	19	77	24.68%
2012	Slips, Trips, & Falls	14	26	53.85%
2011	Slips, Trips, & Falls	25	82	30.49%
2010	Slips, Trips, & Falls	18	120	15.00%
2009	Slips, Trips, & Falls	24	95	25.53%

- Here are examples of the most common types of injuries sustained from slips, trips, and falls.



Slips, trips, and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

Overexertion, bodily reaction, falls, slips, and trips accounted for approximately 60 percent of all injuries and illnesses with days away from work.

The OSHA standards cited in this module for walking/working surfaces apply to all permanent places of employment.



Poor housekeeping can cause trips.

Many trip and fall hazards can be eliminated by being careful and avoiding:

- Clutter at your worksite
- Open file and desk drawers
- Uneven flooring
- Wet or slippery surfaces
- Ladders in your path
- Inappropriate worksite footwear



You can eliminate many falls if you:

- Practice good housekeeping.
- Step over obstructions.
- Walk slowly.
- Watch for changes in flooring.
- Make sure lighting is adequate.



Wet and worn surfaces cause two out of every three falls. Any floor can become a hazard if damaged or if something is spilled on it:

- Broken tiles, wrinkled or loose carpeting can cause trips.
- Spills of oil, water, coffee, grease, or cleaners can cause slips and falls.

Remember that different surfaces have different traction. A waxed floor or a shiny tiled floor can both be slippery, even when dry. Be aware of the surfaces that are in your environment.



Slips and falls on wet floors can be prevented by:

- Cleaning up spills immediately.
- Making sure mats are present, clean, and dry.
- Wearing appropriate shoes for the working conditions.
- Drying wet surfaces as soon as possible.
- Placing a warning sign and/or applying an ice melting substance or sanding the surface in icy conditions.



Slips, trips, and falls can also be prevented by using common sense:

- Adjust your stride, based on the situation.
- Make wide turns around corners.
- Do not block your vision if you are carrying objects.



This man can't see hazards that might be in his way.

Take it easy on the stairs:

- Hold handrails.
- Don't run up or down.
- Inspect stairs for slippery surfaces or damage.
- Don't put objects on stairs.
- Keep one hand free, if possible.



Ladder safety is essential on a worksite:

- Use the right ladder for the job.
- Inspect the ladder for damage.
- Be sure the ladder is stable.
- Climb and descend safely.
- Use a tool belt to free your hands.
- Hold on going up or down.



Here are some ways to keep safe outdoors:

- Watch where you are walking.
- Use shoes with good traction.
- Slow down. Walk, don't run.
- Wipe your feet to remove debris and wetness.
- Sand slippery spots and walk slowly in sanded areas.
- Wear sunglasses to cut down on glare.



Which statements are **not** true?

- You should pick up items and clean up spills even if you didn't put them there.
- Good housekeeping helps eliminate slip, trip, and fall hazards.
- If you can't eliminate a slip or trip hazard, just avoid it and forget about it.
- Walk quickly over slippery spots to avoid slipping.

Which statements are **not** true?

- You should pick up items and clean up spills even if you didn't put them there.
- Good housekeeping helps eliminate slip, trip, and fall hazards.
- **If you can't eliminate a slip or trip hazard, just avoid it and forget about it.**
- **Walk quickly over slippery spots to avoid slipping.**

Did you know that there are rules to falling? Most of these steps are instinctual, like protecting your head and using your hands to catch yourself (which in itself can cause an injury).

However, if you bend and roll with the fall and exhale to relax yourself, the fall may not result in a serious injury.



- If you do slip, trip or fall make sure you alert your supervisor immediately. Let someone know.
- Call Medcor 1-800-775-5866
- If you are hurt, seek medical attention. Know the full extent of your injuries and follow the doctor's orders.



- Keep walkways clear.
- Clean up spills promptly.
- Make sure stairs and ladders are safe.
- Walk slowly.
- Don't block your vision.

Lifting doesn't have to be a strenuous activity. Let's take a look at safe lifting practices. If a load is too heavy to reasonably carry by hand, use lifting equipment:

- Powered equipment such as forklifts, powered carts, and electric pallet jacks
- Hand trucks, carts, pallet, jacks
- Cranes and hoists
- Conveyors



Before the actual lifting begins, take a moment to develop a lifting plan.

- Size up the load by looking at the weight, shape, and size of the load.
- Clear any objects that may be in the path of travel and allow extra space to maneuver through tight doorways or corners.
- Think about where the load is going to be unloaded.
 - Is the area clear and big enough for the load or in the right environment for the load?



Use proper lifting techniques.

- When lifting, stand close to the load with a wide stance and bend at the knees, not the waist.
- Pull the load close and grip it tightly.
- Then, tighten your stomach muscles and lift your head.
- Finally, rise up using your legs. This will reduce the strain on your back and shoulders.



When lifting bags that may be heavy or awkward:

- Squat next to the bag
- Grab it at opposite corners
- Lift it up to your thigh or waist
- Stand up carefully
- Put the load on your shoulder



When lifting a heavy or awkward load:

- Designate a person to lead the lift to avoid confusion
- Lift at the same time
- Keep the load level
- Slowly unload together



When carrying a load by yourself:

- Make sure you can see in front of you and the path ahead
- Take small, stable steps
- Do not twist your back



Unloading materials is also important. To prevent harm to your back or other muscles:

- Squat with the load
- Do not bend your back over the load
- Be careful of pinching or smashing fingers



If you have to handle loads that are located overhead:



Stand facing the load.



Slide the load close to your body.



Maintain good posture.

If the load you are handling is long:

- Pick up one end
- Place the balance point on your shoulder
- Watch the ends to ensure that they don't bump into anything



- Be diligent in thinking about your back!
Think long term and don't try to lift too much at one time.
- Consider your back at the beginning of each task during the planning phase of the lift and take appropriate action in all you do.



What's Wrong Here?



What is happening in these pictures?

- This man is moving an extremely heavy box by himself.
- He tilts the box toward his body.
- He realizes that the box is too heavy to lift so he thinks he can move it by rotating the box on the bottom edge.
- The box starts to fall and he makes a grab for it.
- This man has just strained his back which can result in missed time from work.

Let's review the previous scenario.

- Was the box too heavy? Yes. The box had a label on it that displayed the weight of the box.
- Was the box too big to move alone? Yes.
- Were proper lifting techniques followed? No.



What's Wrong Here?

- Was the back belt a factor? Yes and No. Back belts may have increased this person's lifting confidence. The National Institute for Occupational Safety and Health (NIOSH) states:
 - “There is some research showing that workers believe they can lift more when wearing a back belt and if they believe they are protected, they may subject themselves to even greater risk by lifting more weight than they would have without a belt “
- Remember, before any actual lifting begins, make a plan and never lift a heavy box by yourself. Team lift the item or use a hand truck or other type of equipment.



Which 3 choices are safe practices for lifting?

- Team lift large loads.
- Use your back and not your legs while lifting.
- Use lifting equipment, when necessary.
- Bend your knees and use your legs when lifting.

Which 3 choices are safe practices for lifting?

- **Team lift large loads.**
- Use your back and not your legs while lifting.
- **Use lifting equipment, when necessary.**
- **Bend your knees and use your legs when lifting.**

- Maintain proper back posture.
- Exercise regularly.
- Use available lifting equipment and have a lifting plan.
- Use your legs; bend them when lifting.
- Always think about your back.

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