



GOALS

This safety session teaches employees to:

- Recognize the many workplace slip, trip, and fall hazards.
- Prevent conditions and acts that cause slips, trips, and falls.

Applicable Regulations: 29 CFR 1910.21–1910.30 (Walking-Working Surfaces)



1. Slips, trips, and falls cause many injuries—sometimes serious ones.

Thousands of disabling injuries—and even deaths—occur each year as a result of slips, trips, and falls:

- From heights, on stairs, and on level ground; *and*
- At work and at home.

2. Safety regulations try to remove slip, trip, and fall hazards.

The Occupational Safety and Health Administration (OSHA) and company rules try to prevent slips, trips, and falls by requiring:

- Floors are kept clean, dry, and in good repair;
- Aisles, stairs, and passageways are free of clutter and obstructions;
- Safe ladder design and use;
- Rails and guards around floor and wall openings; *and*
- Clean, orderly, sanitary work areas.

3. Maintain work areas to prevent slips, trips, and falls.

- Keep walkways, aisles, and stairs free of tools, materials, and other hazards.
- Clean up any leaks or spills on floors, stairs, entranceways, and loading docks promptly.
- Repair or report floor problems, such as broken planks and/or missing tiles.
- Block off and mark floor areas that are being cleaned or repaired.
- Keep cords, power cables, and air hoses out of walkways.
- Place trash promptly in proper containers.
- Keep drawers closed.

4. Take precautions on stairs and dock edges.

- Report missing or broken stair rails and slippery or damaged treads.
- Walk, don't run, on stairs.
 - Hold onto stair rails while going up and down.
- Don't jump on or off platforms and loading docks, and stay away from edges.
- Don't carry a load you can't see over, especially on stairs or around dock edges.

5. Choose and use ladders carefully.

- Use a ladder, not boxes or chairs, to reach high places.
- Use only ladders that have all their parts.
 - Check that cleats, rungs, and steps are firm and unbroken.



- Choose a ladder that's the right height for the job.
- Place ladders firmly on level surfaces.
- Hold the rails, and face the ladder as you climb it.
- Center your body between the ladder rails; don't lean to the side.

6. Pay attention to your movements and surroundings.

- Focus on where you're going, what you're doing, and what lies ahead.
 - Expect the unexpected.
 - Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with nonskid soles and flat heels.
- Avoid baggy or loose pants you could trip over.
- Walk, don't run.
- Wipe your feet when you come in from rain or snow.
- Report or replace any burned out lights or inadequate lighting.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces.
 - Slide your feet, and avoid sharp turns.
- Sit in chairs with all four chair legs on the floor. Make sure all wheels or casters are on the floor.
- Be constantly alert for—and remove or go around—obstructions in your path.

7. Learn to fall "properly."

If you do fall, you can reduce the chance of serious injury if you:

- Roll with the fall.
- Bend your elbows and knees and use your legs and arms to absorb the fall.
- Get medical attention after a fall to treat anything torn, sprained, or broken.



DISCUSSION POINTS:

As you conduct this session, ask participants to identify possible slip, trip, and fall hazards in the work area. Have them remove hazards after the session.



CONCLUSION:

- Be alert and safety conscious—prevent slips, trips, and falls.
- Pay attention to your movements and remove potential hazards from your path so you and others won't be injured by slips, trips, or falls.



TEST YOUR KNOWLEDGE:

Have your employees take the Slips, Trips, and Falls quiz. By testing their knowledge, you can judge their understanding of how to prevent these accidents and whether you need to review this important topic again soon.



SLIPS, TRIPS, AND FALLS QUIZ

1. **Keeping walkways, aisles, and stairs clear helps prevent slips, trips, and falls.**
a. True b. False
2. **If you're cleaning up or repairing a floor area, you should:**
a. Do it quickly.
b. Mark and block off the area.
c. Assume others will notice the problem.
3. **When you're carrying a load upstairs or downstairs, you should:**
a. Be sure you can see over it.
b. Carry as much as possible so you only need to make one trip.
c. Carry a flashlight.
4. **When you have to reach a high place, you should stand on:**
a. A chair
b. Boxes
c. A ladder
5. **Shoes that will help prevent slips, trips, and falls have:**
a. Flat heels and nonskid soles
b. Steel toes
c. Lightweight uppers
6. **When you walk across a slippery surface, it's best to:**
a. Move as quickly and directly as possible.
b. Move slowly, sliding your feet.
c. Move slowly, lifting your feet.
7. **To get the best balance, you should walk with your hands:**
a. At your sides
b. In your pockets
c. Straight out in front of you
8. **When you climb a ladder, you should:**
a. Have your back to it.
b. Face it, and hold onto the rails.
c. Wear heavy boots.
9. **You're always safe from falls when you're sitting on a chair.**
a. True b. False
10. **To reduce the chances of serious injury when you fall, roll with the fall or:**
a. Put your arms out.
b. Close your eyes.
c. Bend your elbows and knees.

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



Safety Trainer **Slips, Trips, and Falls**

ANSWERS TO SLIPS, TRIPS, AND FALLS QUIZ

1. a. True.
2. b. Mark and block off the area.
3. a. Be sure you can see over it.
4. c. A ladder.
5. a. Flat heels and nonskid soles.
6. b. Move slowly, sliding your feet.
7. a. At your sides.
8. b. Face it, and hold onto the rails.
9. b. False. Tilting back on two chair legs can cause falls.
10. c. Bend your elbows and knees.