

FALL PREVENTION

Slips, trips and falls are a leading cause of accidents in the workplace. Injuries can occur anywhere at any time. Surfaces such as asphalt, sidewalks, wooden, tiled, or carpet-covered floors, special surfaces on stairs and conveyances (moving sidewalks, escalators, and elevators) can present serious tripping, slipping, or falling hazards.

Walking surfaces can change substantially when people track in mud, snow, dirt, and moisture. Outside weather conditions can often produce wet and slick surfaces. Holes in asphalt or unexpected obstructions in sidewalks can be a potential cause for injury. Torn or curled-up carpet or floor coverings are other areas of concern. Liquid spills in bathrooms, coffee shops, lunch rooms, etc., can be unseen or undetected.



GUIDELINES

1. Floor surfaces can contribute to slips, trips, and falls.
 - a) Look at path of travel for obstacles.
 - b) Clean up spills, even if someone else did it.
 - c) Wear appropriate shoes in adverse weather conditions (no heels on ice or slick surfaces).
2. Poor housekeeping is another cause for slips, trips, and falls. Open drawers, boxes in aisles, extension or computer cords, debris or objects, cramped or crowded spaces are some examples of this.
 - a) Keep drawers closed when not in use. Open one at a time.
 - b) Pick up after yourself. Everything should be put away after it has been used.
 - c) Avoid using extension cords.
3. Inadequate illumination can contribute to slips, trips, and falls.
 - a) Light values at floor level should be uniform with no glare or shadows.
 - b) Report areas where lighting has gone out and bulbs need replacing.
4. Other factors that can cause slips, trips and falls include:
 - Person's age
 - Fatigue
 - Illness
 - Lack of familiarity with environment
 - Emotional disturbances
 - Poor vision
5. To prevent slips, trips and falls, report hazards.

