



JANUARY SAFETY TOOLBOX

MONTHLY SAFETY AWARENESS DISCUSSION GUIDE

Slips, Trips, and Falls

► Introductory Comments

One of the top 10 hazards for OSHA is Slips, Trips and Fall hazards. This can happen to anyone. OSHA maintains general industry regulations on walking/working surfaces that guard against hazards including clutter, protruding objects, and wet conditions. This hazard can cause harm in a facility, regardless of title or job responsibilities.

Instructions:
Use this Safety Toolbox
Talk to spark discussion
within the employee
group. Test knowledge
retention with the
associated quiz.

- **Slips:** are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking.
- **Trips:** are more likely to happen when you are in a hurry and don't pay attention to where you're going.
- **Falls:** occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.
(www.osha.gov)

► Meeting Starter Questions

- Will holding onto railings when climbing or descending stairs, will reduce your chances of slipping and falling?
- Can slip, trip, and fall hazards cause harm in a facility, regardless of title or job responsibilities?



Critical Safety Points

Slips: Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. You can help avoid slips by following these safety precautions:

- Practice safe walking skills
- Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward
- Clean-up or report spills right away.

Trips: To prevent trip hazards:

- Make sure you can see where you are walking.
- Don't carry loads that you cannot see over
- Keep walking and working areas well lit, especially at night
- Keep the workplace clean and tidy and store materials and supplies in the appropriate storage areas

Falls: To avoid falls consider the following measures:

- Don't jump off landings or loading docks
- Repair or replace stairs or handrails that are loose or broken
- Keep passageways and aisles clear of clutter and well lit
- Wear shoes with appropriate non-slip soles

Common Injuries from Slips, Trip and Falls:

- Sprains, strains
- Bruises, contusions
- Fractures
- Abrasions, cuts



See tips below to ensure all are safe from slip, trip and fall hazards.

- Keep floors and surfaces clear of clutter
- Keep file cabinets and desk drawers closed
- Keep electrical and phone cords out of traffic areas
- Install handrails on stairways
- Wear proper footwear
- Never stand on chairs, tables, or any surface with wheels
- Properly arrange furniture to create open pathways
- Maintain good lighting indoors and out (www.nsc.org)

When injuries happen, employees should alert their manager. The manager or manager on duty reports injuries to Sedgwick at 1-877-576-1911.



Employee Name:	Signature:
Division:	Date:
Instructor:	Score:

Slips, Trips and Falls

Question 1: Holding onto railings when climbing or descending stairs, will reduce your chances of tripping and falling.

TRUE FALSE

Question 2: OSHA maintains general industry regulations on walking/working surfaces that guard against hazards including clutter, protruding objects, and wet conditions.

TRUE FALSE

Question 3: Slips are not caused by wet surfaces, spills, or weather hazards like ice or snow.

TRUE FALSE

Question 4: Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going.

TRUE FALSE

Quiz Answer Key:

1. TRUE
2. TRUE
3. FALSE
4. TRUE

