



JANUARY SAFETY TOOLBOX

MONTHLY SAFETY AWARENESS DISCUSSION GUIDE

Slips, Trips, and Falls

Introductory Comments

Instructions:

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

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.

- **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.

City of Memphis Workplace Safety & Compliance
Safety Is the Way We Live!



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

