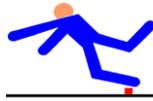


# Slips Trips and Falls



Slips, Trips and Falls account for almost 20% of lost work days. Awareness of how to prevent these accidents is an important part of our safety program.

*Slips, trips and falls from the same level:*



Walking surfaces must be free of anything that can cause slipping, tripping or falling. This includes, water, oil or other fluids, hoses, electrical cords, tools, stock or scrap material, paper, etc. Surfaces should not have any sunken or raised pavement. Additionally, wood surfaces should be free of loose boards, holes, and protruding nails/screws. Watch for loose carpeting or mats.

Mats with waffle grids are excellent for drainage and provide extra safety in areas where oil, water, solvents or chemicals are present.

Shoes are a very important component in prevention. Shoes with heels and/or leather soles are particularly prone to slips. Remember when walking on slippery surfaces – bend your knees, lean slightly forward and slowly walk flat-footed with toes pointed outwards.



*Slips, trips and falls from different levels:*

Equipment – Equipment surfaces can be very slippery. Take extra care when climbing on to or off of equipment. Assure you have secure footing when climbing or moving on equipment. A good rule to follow when climbing is to always have **three points of contact** (two feet and a hand or two hands and a foot) on either a good handhold or on solid footing before reaching/stepping up or down.

Ladders – Choose the right ladder for the job. Read and follow the manufacturer's instructions posted on the ladder. Always check the ladder prior to using. Open ladder completely (braces locked), place on firm footing, and never climb past the point of the ladder that the manufacturer had marked as the last point to stand on (usually, the next to the top step).

Fall Protection – Remember, when working at elevations above six feet off the ground, a fall protection lanyard and harness is required when standard guardrails are not available.

*Safety videos are available on this topic from the Fort McCoy Safety Office.*