

Slips, Trips, and Falls – Trainer Outline

Applicable Regulations:
Cal OSHA GISO 3273. Working Area

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.

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.
- The label on electrical equipment provides information about the wattage rating.

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.

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Slips, Trips, and Falls – Trainer Outline (Continued)

- 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.

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