

Slip, Trip and Fall (STF) Prevention



Slips

Slip -loss of balance caused by too little friction between a person's foot and a walking surface.

Common Causes:

- Wet or oily surfaces,
- Occasional spills,
- Weather hazards,
- Loose, unanchored rugs or mats, and
- Flooring or other walking surfaces that are worn.

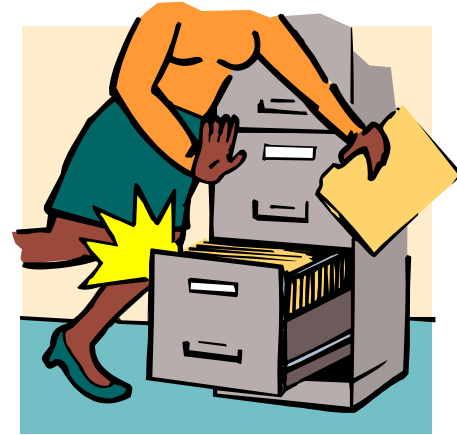


Trips

Trip - hit an object, lose your balance and fall

Common Causes:

- Obstructed view while walking
- Poor lighting- poor maintenance
- Clutter in walkway-poor housekeeping
- Walking while distracted- texting
- Drawers not being closed
- Uneven walking surfaces- floor surface, door threshold, steps/stairs
- Electrical cords across walkways

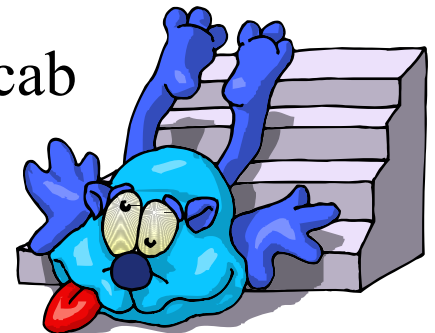


Falls

Fall - when you lose your balance & drop to the floor

There are three types of falls:

- Falls on the same level
 - Slip or trip immediately precedes fall to floor or walkway
- Falls to lower level
 - Falls are from platforms, docks, ladders, steps or stairs
- Jumps to lower level
 - An intentional jump from one level to another
 - Employee jumps off ladder, dock, equipment cab



Prevention

- Good housekeeping- clean, orderly work area and walkways
- Quality of walking surfaces- clean, smooth, supportive floors
- Selection of proper footwear- slip resistant soles
- Appropriate pace of work- don't rush, don't text while walking



Housekeeping

- Clean up spills & leaks immediately
- Mark spills and wet areas- use cones & barricades
- Sweep dust & debris from floor
- Remove obstacles from walkways immediately
- Keep walkways & doorways free of clutter
- Secure mats, rugs and carpets

Housekeeping

- Remove dust & debris from work area
- Remove electrical cords that cross walkways
- Keep working areas and walkways well lit
- Replace burned out bulbs



Flooring

Improve walking & work surfaces

- Recoat or replace worn floors, decks, & steps
- Install mats in high traffic areas
- Pressure-sensitive abrasive strips on steps
- Abrasive-filled paint-on coating for concrete
- Metal or synthetic decking



Wear Proper Footwear

Conditions:

- Floors - oily or wet
- Mud/Ice on footwear

Advantages

- Properly fitted, no-slip soles
- Increased comfort
- Prevents fatigue
- Improves safety



What can YOU do to avoid STFs at work?

- Take your time- don't rush or run
- Pay attention- no distractions, hazards?
- Clean work shoes often- mud/ice
- Walk with feet pointed slightly outward
- Make wide turns at corners.

Inclement Weather

- Slow down to react to a change in traction- dust, ice, snow, etc.
- Wearing slip-resistant shoes or overshoes
- Treat walking surfaces- sand/salt
- Wet shoes on dry floors – Caution ! Slippery



Report Hazards *Immediately*

If you cannot fix the hazard yourself then:

- Immediately report the hazard to supervisor
- Alert or warn others in the area
 - Mark the area or stay there until help arrives
- Hazards not fixed in a timely manner
 - Contact the company Safety Officer