

MCLB ALBANY SAFETYGRAM

Don't Slip and Fall on the Job!

A fall might not seem like the most serious kind of accident. Often, it is not. However, people don't know the number one workplace killer is slips and falls. According to OSHA, slips, trips, and falls cause 15% of accidental deaths!

The main causes of slips, trips and falls in the workplace are:

• **Poor housekeeping:** Scrap on floors; spilled liquids; electrical, network or phone cords; and equipment cluttering the aisles. All these scenarios can lead to someone slipping and falling if people simply ignore these hazards. People may think someone else will take care of it, but that may not happen in time to prevent an accident.

• **Dangerous surface conditions:** Broken or cracked surfaces, protruding nails, different elevations which are unmarked, torn carpets, loose or curled mats, stairs, and slippery finishes are all hazards.

• **Insufficient lighting:** Dim or incorrect lighting, glare in areas where it is dangerous or lights which flicker or "strobe" and cause perception difficulties.

• **Inattention to tasks:** Carelessness brought on by inexperience, horseplay, fatigue, or mindlessness.

• **Improper footwear:** Shoes which are not properly fastened, are too big, too small, have slippery bottoms or oversized heels.



Here are some ways to prevent this common but sometimes deadly kind of accident:

- Conduct regular safety inspections of work areas to identify and remove slipping and tripping hazards.
- Keep work areas and traffic areas free of tripping hazards such as stored materials, scrap, cables, cords and unnecessary equipment or tools. Toolboxes are common tripping hazards, so keep them out of the way.
- Close drawers and cabinet doors to prevent someone from falling over them.
- Promptly clean up all spills. Rainwater in a doorway, coffee on a hall floor or oil leaking from machinery are all common slipping hazards. Help keep the floors dry in lunchrooms and washrooms, too.
- Watch where you are going. Do not try to walk while focusing on a smart phone, reading something, or carrying an object a person cannot see over.
- Take time; do not run or rush. It is especially important to slow down on wet surfaces, icy pavement, and sloped surfaces.
- Make sure the lighting is good in work and traffic areas. Many accidents involving falls occur in dark storerooms and dim hallways. Have your vision checked regularly and change prescription eyewear as required.
- Wear footwear that helps to stay on feet. Shoes should be well-fitting with low heels. Soles should be made of a non-slip material for most work situations. Footwear with treads or cleats may be called for in some jobs.

Check work areas and your work habits frequently to make sure you are doing all you can to prevent slips, trips, and falls. Practice good worksite housekeeping, wear well-fitting shoes, and pay attention to where you are stepping.



**Risk Management 639-7050
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January 2024

