Slips and Trips Meeting Kit



INTRODUCTION

Slips and trips are among the most common causes of injuries in the workplace. Many managers, supervisors and workers are not mindful or aware of where incidents are likely to happen and cause injuries.

PREVENTION – GOOD HOUSEKEEPING PRACTICES

Good housekeeping is critical. Safety and housekeeping go hand-in-hand. If your facility's housekeeping habits are poor, the result may be a higher incidence of employee injuries, ever-increasing insurance costs and regulatory citations.

There are three steps to get started:

- **Plan ahead–** Know what needs to be done and who's going to do it.
- **Assign responsibilities**– It may be necessary to assign a specific person or group of workers to clean up.
- **Implement a program**– Establish housekeeping procedures as a part of the daily routine.

Traction on outdoor surfaces can change considerably when weather conditions change.

- Keep parking lots and sidewalks clean and in good repair condition.
- When snow and ice are present, remove or treat these elements. In some extreme cases, it may be necessary to suspend use of the area.
- Use adhesive stripping material or anti-skid paint whenever possible.

Indoor control measures can help reduce the incidence of slips and falls.

- Use moisture-absorbent mats with beveled edges in entrance areas.
- Display "Wet Floor" signs as needed.
- Use anti-skid adhesive tape in troublesome areas.
- Clean up spills immediately.
- Use proper area rugs or mats for food preparation areas.

Wear Proper Shoes: The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to

avoid slips, trips and falls.

Control Individual Behavior: Being in a hurry will result in walking too fast or running which increases the chances of a slip, trip or fall. Taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstruct vision, wearing sunglasses in low-light areas, and not using designated walkways are common elements in many on-the-job injuries.

WHAT EMPLOYERS CAN DO FOR SAFETY'S SAKE

- Have a company policy in place that clearly outlines the rules for housekeeping, lighting and inspections.
- Ensure that required personal protective equipment, and other equipment, is in good repair and used properly.
- Assist supervisors in meeting their obligation to ensure the rules are followed.
- Provide proper training to workers on how to clean up spills, the use of proper guard rails and covers over holes, etc.
- Provide continuous follow-up to make sure that the rules are adequate and are being followed, and to identify what needs improvement.
- Investigate all incidents to determine how to eliminate the cause.

WHAT EMPLOYEES CAN DO FOR SAFETY'S SAKE

- take your time and paying attention to where you are going.
- adjust your stride to a pace that is suitable for the walking surface and the tasks you are doing.
- walk with the feet pointed slightly outward.
- make wide turns at corners.
- keep walking areas clear from clutter or obstructions.
- keep flooring in good condition.
- always using installed light sources that provide sufficient light for your tasks.
- use a flashlight if you enter a dark room where there is no light.
- make sure that things you are carrying or pushing do not prevent you from seeing any obstructions, spills, etc.

FINAL WORD

Slips and trips are leading causes of injuries in any workplace. Injuries such as a rolled ankle usually aren't very serious but can take away from productivity. Sometimes, slips or trips can lead to falls. Depending on the circumstances, these falls can prove to be fatal.