

5-minute solutions

A safety training talk used for successful injury prevention



Slips and falls: Avoid at transitions

Introduction

Slips and falls are a common injury that we can easily avoid. We need to be aware of transitions when we're walking to avoid slipping and falling. Transitions to be aware of include: height, texture and if surfaces have debris, residues, liquids, dirt, snow or ice.

Transition can also involve stepping up and down stairways, stepping on and off a ladder, going in and out of buildings, and placing a foot out of an automobile to the ground. Also on flat surfaces there are transitions such as going from carpet to tile.

Risks for falls at the transition points

Be aware of the following risk factors in order to avoid slipping and falling.

- The condition of the sole of your footwear.
- Hurrying impacts foot position and can affect balance.
- Distraction on the job.
- Carrying more than you can handle and not using hand rails or side rails.
- Not looking where you're stepping can cause misplacement of your foot.
- The surface condition can reduce traction.

What can you do to prevent slips and falls at transitions?

- Recognize transitions and know they are fall hazards.
- Focus on task of walking or climbing.
- Keep hands free to use hand supports.
- Make sure your footwear is in good condition.
- Be conscious of how you place your foot onto surfaces. Having more surface of shoe sole increases traction.
- Avoid hurrying.
- Keep your weight and center of gravity over your feet.
- Maintain good walking surface conditions. Take action.

Conclusion

Slips and falls at transitions cause serious injuries. You need to recognize transitions, acknowledge their hazard, and take personal actions to control the risks of slips and falls. Help your co-worker be aware of hazards and good practices.