

5-minute solutions

A safety training talk used for successful injury prevention



Slips, trips and falls

Introduction:

Slips, trips and falls can happen to anyone, any-time, anywhere. No single method can be used to prevent all slips and falls.

The most common causes of slips and falls include: unsafe use of ladders, jumping on or off equipment, slippery surfaces, inappropriate footwear, poor lighting, obstacles on walkways, inattention and rushing.

Hazards:

- Hoses and cords on the ground.
- Housekeeping conditions.
- Blocked aisles.
- Items stored on the stairs.
- Spilled liquids or small parts.
- Improper use of ladders.
- Snow or ice accumulation.
- Wet surfaces.

Safe procedures:

- Make sure cords and hoses do not cross common walkways.
- Properly store items when not in use.

- Properly cover floor drains and openings.
- Do not store items in the aisle or on stairs.
- Clean up spills immediately. Place a “Wet Floor” sign in the area.
- Mount and dismount ladders and equipment properly. Do not jump! Use 3-point contact.
- Remove ice and snow from common walk areas, especially exit areas.
- Place runners at entrances to catch slush and water as people enter in the winter.
- Pay attention to the area you are walking.
- Consider purchasing non-slip shoes.

In conclusion:

Awareness is critical. Again, the most common causes of slips and falls include: unsafe use of ladders, jumping on or off equipment, slippery surfaces, inappropriate footwear, poor lighting, obstacle on walkways, inattention and rushing.

Let's discuss what we can do here to avoid and prevent slips and falls.