



CAUSES AND PREVENTION OF SLIPS, TRIPS AND FALLS

MAY SAFETY TRAINING

* THIS TRAINING IS REQUIRED TO BE COMPLETED BY ALL GSU EMPLOYEES.





DEFINITIONS

- SLIPS
 - SLIPS OCCUR WHEN THERE IS TOO LITTLE FRICTION BETWEEN YOUR FEET AND THE FLOOR SURFACE, AND YOU LOSE YOUR BALANCE.
- TRIPS
 - TRIPS OCCUR WHEN YOUR FOOT (OR LOWER LEG) HITS AN OBJECT AND YOUR UPPER BODY CONTINUES MOVING, THROWING YOU OFF BALANCE, OR WHEN YOU STEP DOWN TO A LOWER SURFACE AND LOSE YOUR BALANCE.
- FALLS
 - FALLS OCCUR WHEN YOU ARE TOO FAR OFF YOUR CENTER OF BALANCE – EITHER ON A LEVEL SURFACE OR TRANSITIONING TO A LEVEL THAT IS HIGHER OR LOWER.



SLIPS, TRIPS, AND FALLS

- SURFACES THAT ARE COVERED WITH SAND, MUD, OR PEBBLES
- WINTER WEATHER CONDITIONS
- TREE ROOTS
- BROKEN DRAIN COVERS
- POOLING OF WATER FROM RAIN OR LEAKING EQUIPMENT



THINK ABOUT IT...

- WHAT TYPES OF SLIP, TRIP, OR FALL HAZARDS HAVE YOU OBSERVED ON CAMPUS?
- HAVE YOU EVER WITNESSED ANY ACCIDENTS AND/OR INJURIES CAUSED FROM SLIPS, TRIPS, OR FALLS?
- ANY EMPLOYEE BEHAVIORS YOU HAVE OBSERVED THAT COULD HAVE RESULTED IN A SLIP, TRIP, OR FALL?



NOW THINK ABOUT...

- SLIPS, TRIPS, AND FALLS ACCOUNT FOR THE MAJORITY OF GENERAL INDUSTRY ACCIDENTS
- THEY CAUSE 15% OF ALL ACCIDENTAL DEATHS, SECOND ONLY TO MOTOR VEHICLE FATALITIES
- 39,400,000 VISITS TO EMERGENCY DEPARTMENTS WERE MADE IN 2017
 - THE MAJORITY WERE DUE TO FALLS
 - THAT'S ALMOST 108,000 PER HOUR 24/7/365!!!!

Causes of Slips

- Items on the floor
- Walking from one surface onto another
- Sloped surfaces
- Loose rugs or mats
- Ramps without slip resistant surfaces
- Improper footwear
- Slippery surfaces

Causes of Trips and Falls

- Items or obstacles on the floor
- Changes in elevation
- Rumpled or rolled up floor mats
- Damaged or uneven steps
- Uneven surfaces
- Floor drain covers missing or not in place

Conditions Causing Slips, Trips and Falls

- Poor lighting/glare/shadows
- Improper footwear
- Improper cleaning methods & products
- Inadequate or missing signage
- Ignored or inadequate maintenance
- Lack of situational awareness

Conditions Causing Slips, Trips and Falls (cont.)

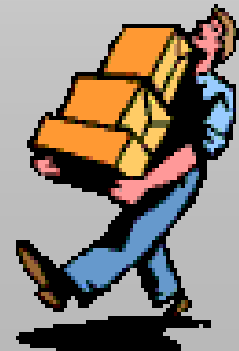
- Poor housekeeping
 - Like Safety itself, housekeeping is everyone's responsibility!
- Good housekeeping can be achieved with these three steps:
 - Plan ahead
 - Assign responsibilities
 - Implement a program

Good Housekeeping

- Plan ahead
 - Know what needs to be done, who's going to do it, and what the work area should look like when you're done
- Assign responsibilities
 - If necessary, a person should be specifically assigned to clean up (although personal responsibility for cleaning up after him/herself is preferred)
- Implement a program
 - Establish housekeeping as a part of the daily routine (an ongoing procedure)

Behaviors Causing Slips, Trips and Falls

- Carrying or moving cumbersome objects, or moving too many objects at a time
- Not paying attention
- Taking shortcuts – not using designated walkways
- Being in a hurry and rushing
- Not observing posted signage
- Entering unauthorized or restricted areas



To Summarize:

- Slips, Trips and Falls can be caused by:
 - Unsafe Conditions, or
 - Unsafe Behaviors



All Slips, Trips & Falls are Preventable!

- Don't Slip up on Safety!
- Don't Fall for Hazards!
- There's a way to Prevent every Slip, Trip & Fall!
- Pay attention!
- Take your time!



3 Steps for Preventing Slips, Trips & Falls

- Recognize
- Evaluate
- Control



Risk Factors

- Environment
- Equipment
- Work practices
- Individual

How do you recognize Hazards?

- Proactive safety systems
- Analysis of incidents
- Measure against published standards
- Be aware of your surroundings

Evaluation of Hazards

- Floors
- Lighting
- Critical Inventory Method (rating the severity of the hazard, level of exposure it creates, and the probability it will lead to someone getting hurt)

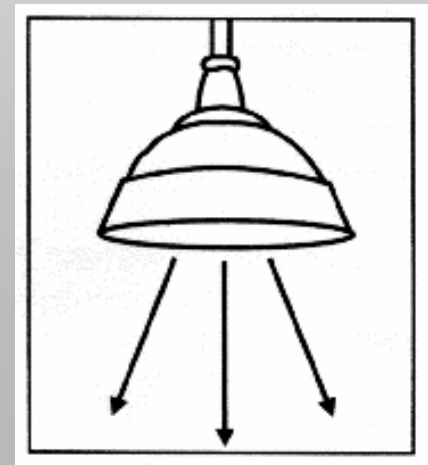
Evaluation of Hazards

– Floors

- Finish
- Texture and pattern
- Slope
- Contaminants
- Condition
- Environmental conditions
- Footwear
- A person's footstep or gait

Evaluation of Hazards

- Lighting
 - 29CFR1926.56
 - NFPA 101 Life Safety Code



Evaluation of Hazards

- **Critical Inventory Method**

- Severity

- » 1-3

- Exposure

- » 1-3

- Probability

- » 1-3

	1	2	3
Severity			
Exposure			
Probability			

Behaviors for Preventing Slips, Trips & Falls

- Do not hurry
- Watch where you are walking
- Walk – do not run
- Stay alert
- Take extra care when carrying objects
- Pay attention to environmental conditions



Behaviors for Preventing Slips, Trips & Falls (cont.)

- Use handrails on stairs
- Use care when walking from one surface to another
- Wear proper footwear
- Maintain good housekeeping
- Use care on ladders
- See ladder safety training on gram.edu website's safety page.



Controls



- Measure or action taken to eliminate hazards and/or to prevent future hazards
 - Engineering
 - Administrative/work practices
 - Personal protective equipment require initial and annual training.

Controlling Unsafe Conditions

- If you cannot fix the unsafe condition:
 - Immediately report the condition
 - Alert others in the area
 - Mark the area or stay there until help arrives



Recognize, Evaluate, Control

- People take upwards of 10,000 steps every day (check your activity tracker), but how many of them do we take seriously?
- The final word on Safety is YOU!
 - You hold the key to Safety success
 - Share your insights, safety suggestions and observations with others
 - We're all in this together!

Remember, you can be careful for years only to get hurt in two seconds of inattention, distraction, or hurrying to get the job done.

Instruction, training, and constant reminders can only go so far.

It is ultimately up to each individual to:

- Plan;
- Stay alert; and,
- **PAY ATTENTION.**

“Change does not happen when employers adopt new policies; it happens when employees adopt new behavior.”

If you see a slip, trip, or fall hazard on campus, send a photo of the hazard to herbstd@gram.edu. Please include the location of the hazard (e.g. west side of Long Jones Hall) and the date on which you observed the hazard.