

Slips and trips can lead to falls which (on the same level and from heights) are one of the top causes of serious work-related injuries and fatalities on the job.

Falls are of two basic types: elevated falls and same-level falls. Same-level falls are most frequent, but elevated falls are more severe. Same-level falls are generally slips or trips. Injury results when the individual hits a walking or working surface or strikes some other object during the fall.

Falls (on the same level and from heights) are one of the top causes of serious work-related injuries and fatalities on the job. OSHA reports that more than 200,000 serious injuries and 345 fatalities per year can be attributed to falls on the job.

Same-Level Falls

- Same-level falls account for 70% of workplace falls
- Causes
 - Improper Footwear
 - Weather conditions outdoors (rain, snow, ice)
 - Slippery floors (recently mopped, water on floor)
 - Trip hazards
 - Clutter on floor/back of truck
 - Extension cords across floor/stairs
 - Changes in flooring (carpet to tile)



Prevention of Falls

- Wear slip resistant boots/shoes at all times
- Ensure adequate lighting on all job sites
- Good housekeeping is key!
- Check the job site for floor holes - all floor holes should be covered to prevent trips
- When climbing into vehicles, forklifts, etc. maintain 3-points of contact (steering wheel, handles), face the truck at all times and take extra precaution if steps are snowy, icy or muddy.

How to Properly Fall

- Tuck your chin, turn your head and throw an arm up to avoid hitting your head if you can.
- Twist/roll your body to the side so you don't land on your back.
- Keep your wrists, elbows and knees bent.

Signature of Employees in Attendance:

DATE:

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