



## Weekly Safety Briefings

Week 10: March 8 – 12, 2021

### *Slips, Trips, and Falls*

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Slips, trips and falls have appeared on OSHA's number one most frequently cited standard for the past eight years. In 2018, OSHA cited 7,270 violations for general fall protection requirements and 1,982 fall protection training requirements. For the National Safety Council, falls top the list for leading causes of preventable injury related deaths.

This week we will discuss slips, trips, and falls and how to prevent them in home and work settings. We will also discuss same level safety tips and winter precautions for slips, trips, and falls.

#### **Monday – Falls are preventable**

If your work requires working from a roof, ladder, or scaffold, it is crucial that you plan ahead, assess any potential risks, and choose the proper equipment. Before proceeding with your task, discuss your plan with coworkers to determine what safety equipment you may need. Make sure you scan the area to ensure there are no hazards before starting the task.

To stay extra safe, here are a few more tips to keep in mind:

- Never work in inclement weather outside.
- Never lean over or reach while on a ladder, and always have someone support the bottom.
- Never position a ladder on an uneven surface.
- Always wear slip-resistant shoes.
- Always inspect your ladders and equipment before using.

#### **Tuesday - Hazards at Home**

If you are a DIY kind of person and enjoy working on projects around the house, it is important to always stay safe. Always apply these rules when working on projects at home or on the job. Make sure to read all the safety precautions and instructions on your equipment, never wear loose clothing, and immediately clean up any spills that you might have.

Keep an eye out for hazards around your workplace or at home. Out of place objects or items on the ground can pose a serious tripping hazard and can lead to injury. Identifying ways to fall proof your environment can save you from slips, trips, and falls.

Cleaning up spills or removing walkway obstructions are great ways to earn a safety opportunity within your facility.

#### **Wednesday – Flat Ground Precautions**

We tend to think that falls always occur from heights so it may surprise you that thousands of fall injuries that occur each year happen from flat surfaces.

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Sometimes, preventing falls from flat surfaces takes a little more attentiveness since they're not expected. Here are some great tips to help keep you safe:

- Keep floors and surfaces clear of clutter.
- Always keep desk drawers and file cabinets closed.
- Never stand on tables, chairs, or anything with wheels.
- Zip tie loose cords, such as cable and computer cords, and keep them out of any walkways.
- Always make sure pathways are clear.
- Install handrails on your stairs.
- Maintain good lighting both indoors and out.

#### **Thursday – Falls during Winter Season**

Winter is upon us. This means that some regions of the country have already begun experiencing the cold, snowy, and icy weather.

With winter weather, planning ahead is super important. Remember to give yourself enough time to get to your destination, as rushing could potentially lead to an injury. If you're walking on icy or snowy walkways, walk at a slower pace and take short steps in case you need to react quickly. Try to avoid carrying heavy loads in this type of weather so that you can use your arms to balance yourself if you slip. Lastly, always remember to approach plowed or shoveled streets with caution. Just because the street was cleared does not mean it's free from black ice!

If you do happen to fall, try to avoid using your arms to catch yourself. Instead, try turning your body so you land on your side. Generally speaking, meatier parts of your body are better at absorbing the impact of a fall than boney parts. Also, if you are following backwards, tuck in your chin so your head doesn't hit the ground at full force.

#### **Friday – Activity**

It is always good practice to recognize and correct any slips, trips and fall hazards you come across. While walking back to your station, take 5 minutes to walk around and recognize what trip hazards you can identify. Correct the hazard if you can. If you can't, fill out and submit a safety opportunity sheet.