

Safety meeting blueprint

✓ **Meeting Topic:** Slips, trips and falls

✓ **Today's Date:** _____

✓ **Attendee Signatures:**

As much time and energy as we devote to preventing mishaps caused by hazardous workplace conditions, keep in mind that you could also suffer a life-altering injury when doing something as simple as walking from Point A to Point B.

Consider: During a recent year, 600 U.S. workers died after they slipped, tripped, or fell. And 47,000 employees suffered nonfatal injuries related to slips, trips and falls, according to the Bureau of Labor Statistics.

That's why we need to take steps to reduce the chances that anyone here could slip, trip, or fall.

Too little friction

Remember that people usually slip because there's too little friction or traction between their footwear and the walking surface. Common causes of slips are wet or oily surfaces, spills, weather-related hazards, loose rugs or mats, and flooring or walking surfaces with varying levels of traction.

Trips, on the other

hand, happen when a foot collides with something and causes the person to lose his or her balance. Common reasons for tripping include poor lighting, obstructed views, clutter, uneven carpeting, uncovered cables or wires, and uneven walking surfaces.

Good housekeeping

One of the best ways to prevent slip-and-fall injuries is to follow good housekeeping practices. Keep all work areas, aisleways, storerooms, and service areas clean and orderly.

(What should you do if you observe an obstructed aisleway?)

If you notice that an aisleway is blocked, remove the item right away. If it's too heavy to handle by yourself, enlist the help of a coworker.

Also, clean up spills immediately. If you're not sure what has spilled, don't attempt to remove the spilled material because the substance could be dangerous. Instead, let your supervisor know

about the problem.

In the meantime, mark off the area with a sign or a warning cone so someone doesn't get hurt.

Proper footwear

Another way to reduce the chances of slipping, tripping, or falling is to wear the proper footwear. You might be surprised to learn that the use of improper footwear accounts for about one-quarter of all slip-and-fall incidents, according to the National Floor Safety Institute.

Not only should you wear slip-resistant footwear when laboring in areas with potential slip-and-fall hazards, but you should also make sure that your shoes or boots fit properly.

Here's why: Shoes that are too big can get caught on flooring, and shoes that are too small can cramp your feet and reduce your sense of balance, which increases your chances of slipping or tripping.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Slips, trips and falls

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|--|--|--|--|
| <p>1. When a foot collides with something and causes the person to lose his or her balance, it's called</p> <p>a. A slip
b. A trip
c. A fall
d. None of the above</p> | <p>d. 6,000</p> <p>4. If you notice that an item is blocking an aisleway but you're not comfortable removing it yourself, you should</p> <p>a. Hope someone else takes care of it
b. Enlist the help of a coworker
c. Call 9-1-1
d. None of the above</p> | <p>related to slips, trips and falls during a recent year?</p> <p>a. 47,000
b. 4,700
c. 470
d. 47</p> <p>7. Shoes that are too small can cramp your feet and reduce your sense of balance. True or False?</p> | <p>9. Which of the following is a common cause of slips and falls?</p> <p>a. Wet or oily surfaces
b. Loose rugs or mats
c. Weather-related hazards
d. All of the above</p> |
| <p>2. As long as you're wearing the right safety shoes for the potential hazards you could face, it doesn't matter whether the shoes fit properly. True or False?</p> | <p>5. The use of improper footwear accounts for what percentage of slip-and-fall incidents?</p> <p>a. One-quarter
b. One-third
c. One-half
d. None of the above</p> | <p>8. One of the best ways to prevent slip-and-fall injuries is to</p> <p>a. Avoid leaving your work station – no matter what
b. Ask a coworker to handle any tasks that might expose you to slip-and-fall hazards
c. Follow good housekeeping practices
d. None of the above</p> | <p>10. If you notice a spill but you're not sure what the spilled material is, you should clean it up right away. True or False?</p> |
| <p>3. During a recent year, how many U.S. workers died after they slipped, tripped, or fell?</p> <p>a. Six
b. 60
c. 600</p> | <p>6. How many U.S. workers suffered a nonfatal injury</p> | | <p>11. You don't want to wear shoes or boots that are too big because the shoes or boots</p> <p>a. Won't match the work clothes you're wearing
b. Could be used by someone else who thinks they belong to him or her
c. Can get caught on flooring
d. None of the above</p> |

Test your knowledge: The answers

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|--|---|
| <p>1. b
sense of balance, you're at increased risk for a slip-and-fall injury.</p> | <p>2. False. You're less likely to suffer a slip, trip, or fall if you're wearing shoes that fit properly.</p> |
| <p>3. c</p> | <p>4. b. If you can't find someone else to help, let your supervisor know about the item.</p> |
| <p>5. a</p> | <p>6. a</p> |
| <p>7. True. With a reduced</p> | <p>8. c</p> |
| <p>9. d</p> | <p>10. False. Never attempt to clean up a spill if the spilled material is, because you could be exposed to an unexpected hazard.</p> |
| <p>11. c</p> | |