



# Risk Control Newsletter

January 2016

## news & notes

### SLIP AND TRIP STATISTICS

Slips, trips, and falls make up the majority of general industry accidents. They cause 15 percent of all accidental occupational deaths, second only to motor vehicles.

Furthermore, in most years, slips, trips, and falls result in somewhere between 15 percent and 20 percent of all nonfatal workplace injuries, the highest frequency of injury of any single regulated activity.

In one recent year, for example, the federal Centers for Disease Control and Prevention reported that more than 230,000 workers in the United States sustained nonfatal injuries from slips, trips, and falls, each resulting in one or more days away from work.

Although some of those injuries were only temporarily disabling, others left workers permanently disabled.

You don't have to fall from a great height to get injured. Many fall injuries occur on level ground when people trip over unexpected objects in their path.

## Don't slip up!

### *Avoid slips, trips, and falls*

Slips happen when there is a loss of grip between a person's shoe and the floor. Trips happen when a person's foot hits a low obstacle in his or her path, causing a loss of balance. Here are several situations and actions that can cause slip and trip hazards:



- Floor contaminants such as water, oil, grease, dust, and metal shavings;
- Floor surfaces, which require sufficient grip to prevent slipping;
- Uneven flooring, trailing cables, loose mats, and changes in floor surface level;
- Poor visibility caused by inadequate lighting, including burned out lights in halls, stairwells, and outside;
- Other environmental factors, including unexpected loud noises;
- Behaviors such as talking on a cell phone or not holding the handrail on stairs;
- Footwear, which should be suitable for the type of work and environment and comfortable with adequate nonslip sole and tread pattern;
- Not picking things off the floor;
- Not watching where you're going, or carrying something you can't see over;
- Running or walking too quickly;
- Spills and wet or slippery floors;
- Clutter on stairs or in walkways;
- Open drawers; *and*
- Lack of caution on ladders.

Here are several ways to help eliminate slip and trip hazards:

- **Practice good housekeeping.** Don't leave boxes, tools, or other materials on the floor.
- **Clean properly** to ensure that contaminants are effectively removed and there is no buildup of cleaning product residue on walking surfaces.
- **Step over or around obstructions,** not on them.
- **Walk and change directions slowly,** especially when carrying a load.
- **Watch for changes in floor level.**
- **If lighting is inadequate or bulbs are burned out, report the problem to maintenance right away.** Never enter a dark room or area before turning on a light. Outside, use a flashlight at night if you need more light coming to or going from the workplace.
- **Don't block walkways** with hand trucks, forklifts, cords, or other equipment.
- **Don't place anything on stairs.**
- **Don't leave drawers open.**

# Safety Checklist

Date: \_\_\_\_\_

Work Area: \_\_\_\_\_

Inspected By: \_\_\_\_\_

## Walking—Working Surfaces [29 CFR 1910.21-.30]

### GENERAL HOUSEKEEPING:

29 CFR 1910.22

- Are all areas, including storerooms, kept in a clean and orderly fashion? [(a)(1)]
- Are workroom floors clean and dry? [(a)(2)]
- If wet processes are used, are drainage and dry standing places such as mats provided? [(a)(2)]

### GUARDING FLOOR AND WALL OPENINGS AND HOLES:

29 CFR 1910.23

- Are all stairway floor openings guarded by a standard railing? [(a)(1)]
- Are platforms and ladderway floor openings protected on all exposed sides? [(a)(2)]
- If materials must be fed into a hatchway or chute opening, is protection provided to prevent employees from falling through the opening? [(a)(3)(ii)]
- Are skylight floor openings and holes protected by a screen or railing? [(a)(4)]
- Are temporary floor openings protected by standard railings or constantly guarded by someone? [(a)(7)]

### STAIRS:

29 CFR 1910.24

- Are fixed stairs provided where employees must move between levels for operational purposes? [(b)(1)]
- Are stairs constructed to carry five times the normal live load anticipated, and a minimum of 1,000 pounds? [(c)(1)]
- Are fixed stairways at least 22 inches wide? [(d)(1)]

### PROTECTION FOR WALL OPENINGS AND HOLES:

29 CFR 1910.23

- Are all wall openings with a drop of more than four feet protected by the proper barriers? [(b)(1)]
- Are window wall openings with a drop of more than four feet guarded by standard slats, grill work, or railings? [(b)(3)]
- Do all temporary wall openings have adequate guards? [(b)(4)]
- Do all open-sided floors or platforms that are four or more feet above the ground have standard railings, except where there is an entrance? [(c)(1)]
- Is toe-board provided on railings on open-sided floors or platforms where employees can pass, there is moving machinery, or there is equipment where falling materials could create a hazard? [(c)(1)]
- Are all open-sided floors, walkways, platforms, or runways that are above or adjacent to dangerous equipment or hazards guarded by a standard railing and toe board? [(c)(3)]

### STAIRWAY RAILINGS AND GUARDS:

29 CFR 1910.23

- Are all flights of stairs with four or more risers provided with standard stair railings or handrails? [(d)(1)]
- Are all winding stairs provided with a handrail offset to prevent employees from walking on treads smaller than 6 inches? [(d)(2)]

Corrective Action Completed (date):

Supervisor:

Little trips cause

COMPLIANCE  
PLUS+

# BIG FALLS

Accidents don't have to happen.

You can prevent falls if you follow a few safety tips:

- Put things away when they're not being used
- Close file drawers securely
- Keep aisles clear
- Remove tangled wires from walk areas
- Watch where you're going.

