



FALL
PREVENTION
CENTER OF EXCELLENCE

**Fall Prevention
Awareness Week**

NAS Kingsville

May 2 - 6, 2016

Preventing Slips, Trips & Falls

KNOW THE RISKS

Slips and trips are one of the largest causes of injury in the workplace and cost employers millions every year. However, the majority of accidents caused by slips and trips can be easily avoided by following a few simple guidelines. By following the principles set out in this poster you can ensure that your work place is free from slip and trip hazards and that accidents are kept to a minimum.



1. HAZARDS AND REMEDIES

Spillages

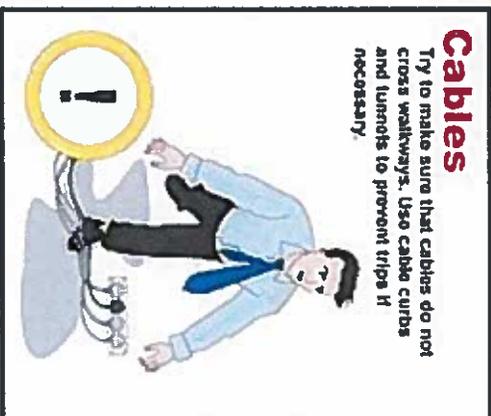
Clean spills up at once. Remember that the cleaning agent needed will depend on the nature of the spill. If the floor remains wet after the spill has been cleaned, make sure people are aware of this by using appropriate signs. Arrange a diverted route that avoids the area if necessary.



2. HAZARDS AND REMEDIES (CONT)

Cables

Try to make sure that cables do not cross walkways. Use cable curbs and turnouts to prevent trips if necessary.



3. HAZARDS AND REMEDIES (CONT)

Obstructions

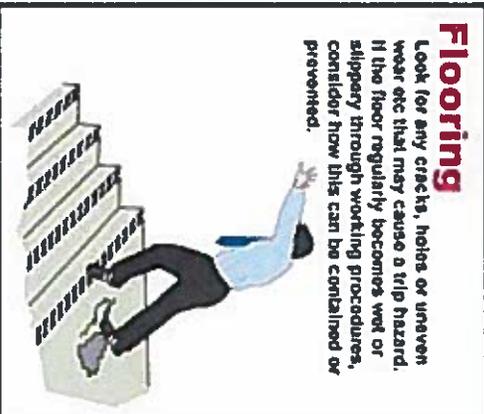
Permanent obstructions and any objects left lying around can easily create a trip hazard if they are not seen. Keep work areas clear of obstructions. If this is not possible, use appropriate signs or barriers to make people aware of hazards.



4. HAZARDS AND REMEDIES (CONT)

Flooring

Look for any cracks, holes or uneven wear etc that may cause a trip hazard. If the floor regularly becomes wet or slippery through working procedures, consider how this can be contained or prevented.



5. HAZARDS AND REMEDIES (CONT)

Footwear

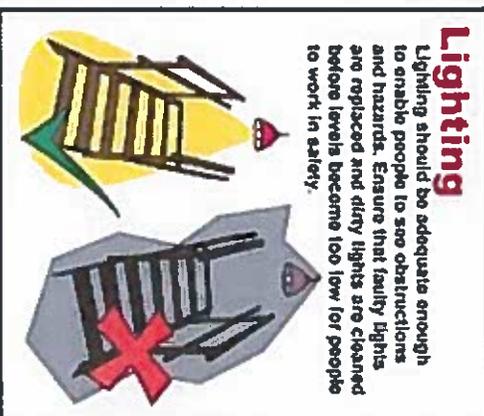
Choice of footwear can be crucial in preventing slips and trips. If special footwear is needed to ensure the safety of employees, the employer must provide it.



6. HAZARDS AND REMEDIES (CONT)

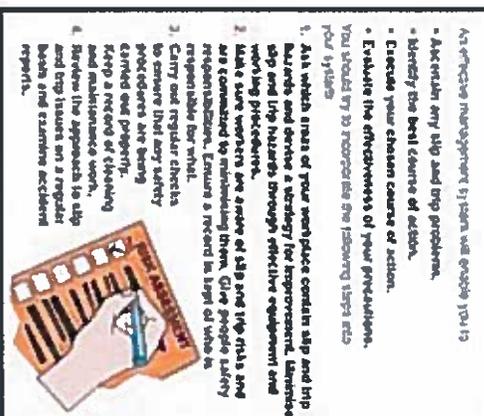
Lighting

Lighting should be adequate enough to enable people to see obstructions and hazards. Ensure that faulty lights are replaced and faulty lights are cleaned before levels become too low for people to work in safety.



7. GOOD MANAGEMENT PREVENTS ACCIDENTS

- As effective management systems will enable you to:
- Ascertain any slip and trip problems.
 - Identify the best course of action.
 - Execute your chosen course of action.
 - Evaluate the effectiveness of your prevention. You should try to monitor the following steps etc for signs:
1. Ask which areas of your workplace contain slip and trip hazards and devise a strategy for improvement. Eliminate slip and trip hazards through effective equipment and working procedures.
 2. Make sure workers are aware of slip and trip risks and are committed to minimising them. Give people safety responsibilities. Ensure a record is kept of who is responsible for what.
 3. Carry out regular checks to ensure that any safety procedures are being followed and properly kept a record of cleaning and maintenance work.
 4. Review the approach to slip and trip issues on a regular basis and examine accident reports.



Home Modification

Making Your Home Safer



How you decorate your home reflects your personality and sense of style. In addition to making you feel comfortable, the things in your home can increase your safety or make it more likely that you could fall.

Making changes to your home – also known as home modifications – can make activities easier, improve your health and wellness, and reduce your chances of falling. These changes can include removing hazards, adding supports such as handrails, or changing how or where you do activities. Below are some suggestions to make your home safer:

1. Keep pathways clear

Keep stairs and walkways clear by removing objects that you could trip over. Add storage for things that are usually on the floor, such as shoes or papers.

2. Be aware of uneven surfaces

Look out for changes in the level of flooring, such as in doorways or in between carpeting and tile. Remove throw rugs or use a rug gripper underneath to secure them to the floor. If you can move a rug easily with your foot, you could slip on it.

3. Keep frequently used items close by

Reaching up high or bending down low can cause you to lose balance. For example - in the kitchen, make sure that cooking supplies and other items that you use often are easy to reach.

4. Light your way

Install bright lights, have switches at both ends of stairways, and use night lights to light the path from your bedroom to bathroom. Light switches that glow are easier to see in the dark.

5. Add supports in the bathroom

Bathrooms can be dangerous, especially when things are wet. Put grab bars near the toilet and in the shower. Non-skid strips in the bathtub can keep you from slipping.

6. Stay safe on the stairs

Consider installing handrails on both sides of the stairs. If you already have handrails, be sure you use them. Check that they are properly installed and not loose.

As your abilities change over the years, your home should provide you and your loved ones with the support you need to do your daily activities and the things that you enjoy.



Assistive Devices for Mobility

Benefits and How to Get One



If you or a loved one feels unsteady while walking, assistive devices can help make getting around more comfortable and safe. Assistive devices can include: single point canes, quad canes (the ones with a base and four feet), and walkers with different styles and designs.

Benefits:

If used properly, an assistive device can:

- Provide increased support
- Improve balance while walking
- Reduce pain
- Increase confidence
- Make walking safer
- Help you or your loved ones live more independently

How to get an assistive device:

Although it may seem easiest to go to the local store and pick up a cane or a walker, it is important that the product is fitted to the individual and his or her needs. Talk with your doctor, an occupational therapist, or a physical therapist about what kind of support you need to make sure that you get the best fit for you. If they don't fit or are not used properly, they can be uncomfortable and also unsafe. If they do fit and are used as directed, these devices can give you support to help you stay active.

**Ask your healthcare professional
what type of assistive device would be best for you.**

Make sure to get a demonstration on how to use it properly.



Preventing Outdoor Falls

Tips to Stay Safe in the Community



Whether you are walking around the park to stay active or just going to the store, falls can happen outdoors. In public places, there are many things you can do to reduce your risk of falls.

1. Be aware of where and when you walk

- In the evenings, walk where there is plenty of light to help you see where you are going.
- If you see a tree ahead in your path, look for fallen leaves or tree roots that might push up the sidewalk.
- Watch out for cracks in sidewalks, holes, and changes in sidewalk levels.
- Be extra careful during and after stormy weather. Rain, snow, and ice can make any surface slippery.
- Be sure you are wearing the correct eyewear while walking. Bifocals or reading glasses make it harder to see hazards on the ground. Wear sunglasses on bright days to reduce glare.

2. Tips for physical activity

- When walking for exercise, consider going to well-maintained places such as the mall or the track at a local high school.
- Walk in pairs or groups so you can alert each other of potential hazards.
- Wear shoes with firm soles and low heels. Make sure to wear sturdy shoes when exercising.

3. Travel safely

- Hold hand rails and move slowly when climbing outdoor stairs.
- Use caution in parking lots and parking garages. Be aware of curbs, car stops, and changes in elevation.
- While riding public transportation such as buses and trains, always use handrails when available.
- When crossing the street, walk in crosswalks and use curb cuts or ramps when they are present. Stop at islands in the middle of the street when available and wait for the next walk sign.
- Always take your time - hurrying across streets puts you at risk of falling.



FALLS FROM ROOFS CAN BE PREVENTED!

- Wear a harness and always stay connected
- Make sure your harness fits
- Use guardrails or lifelines
- Inspect all fall protection equipment before use
- Guard or cover all holes, openings, and skylights



PLAN ahead to get the job done safely.
PROVIDE the right roof equipment.
TRAIN everyone to use the equipment safely.



DON'T
disconnect from
the lifeline



DON'T
work around unprotected
openings or skylights



DON'T
use defective equipment

FALL PREVENTION FACT SHEET

I worked construction for 10 years before my fall. It shattered my body and my livelihood.

Work safely. Use the right equipment.



Safety Pays. Falls Cost.
www.osha.gov/stopfalls/

PLAN ahead to get the job done safely. **PROVIDE** the right equipment. **TRAIN** everyone to use the equipment safely.



U.S. Department of Labor



Occupational
 Safety and Health
 Administration
 1-800-321-OSHA (6742) • TTY 1-877-889-5627
www.osha.gov

OSHA 2012-142 / OSHA 3333-04 2012

FALLS FROM LADDERS CAN BE PREVENTED!

- ✓ Choose the right ladder for the job
- ✓ Maintain three points of contact
- ✓ Secure the ladder
- ✓ Always face the ladder



DON'T
stand on top or on the
top step of a stepladder



DON'T
overreach



DON'T
place the ladder on
uneven footing



FALLS FROM SCAFFOLDS CAN BE PREVENTED!

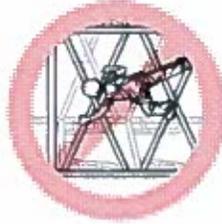
- ✓ Use fully planked scaffolds
- ✓ Ensure proper access to scaffold
- ✓ Plumb and level
- ✓ Complete ALL guardrails
- ✓ Ensure stable footing
- ✓ Inspect before use (by competent person)



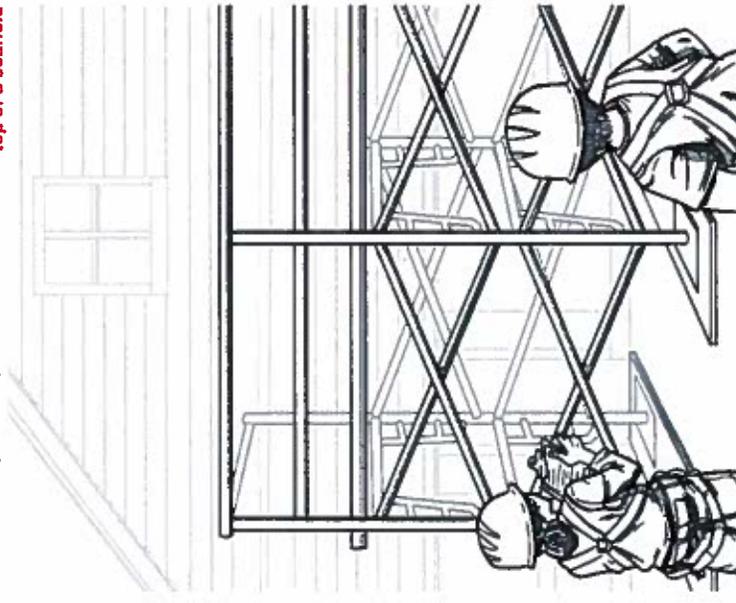
DON'T
use a ladder on
top of a scaffold



DON'T
stand on guardrails



DON'T
climb cross-braces



PLAN ahead to get the job done safely.
PROVIDE the right ladder and equipment.
TRAIN everyone to use the equipment safely.

PLAN ahead to get the job done safely.
PROVIDE the right scaffold and equipment.
TRAIN everyone to use the equipment safely.



Equipment: Getting On and Off

Getting on and off equipment can lead to accidents ranging from sprains, cuts, bruises, fractures and even death.

Here is an Example

Joe was an operator of a front-end loader. He went to climb down from the cab and lost his footing on the steps. Joe fell to the ground and sprained his ankle.

1. How could this accident have been avoided?
2. Have you ever experienced an accident similar to this at your worksite?

Getting On and Off Equipment

- Face the equipment and maintain three-point contact when descending.
- Wear shoes that will provide support and traction.
- Set the parking brake to prevent the equipment from moving.
- Keep areas clean and free of debris.
- Inspect the steps for mud or other conditions that will make the footing slippery.

What Are We Going to Do Today?

What will we do here at the worksite today to prevent injuries while getting on and off equipment?

1. _____

2. _____

3. _____

OSHA STANDARD: 1926.600, 1926.20



Equipment: Getting On and Off



- Face the equipment and maintain three-point contact when descending.
- Keep areas clean and free of debris.
- Inspect the steps for mud or other conditions that will make the footing slippery.



Falls: General Protection and Awareness

Falls are the leading cause of injuries at work sites. Falls can occur from ladders, scaffolding, vehicles, heavy equipment, aerial lifts, openings, platforms, and roofs.

Here is an Example

A supervisor and three employees were placing air handler units on a third floor mezzanine during a building remodel. The supervisor was using a wheeled pry bar to lift the air handler up so the workers could place a 2-inch galvanized pipe under the air handler to serve as a roller. The supervisor was in an area about a foot from the unguarded edge and applying pressure to the pry bar toward the unguarded edge, when the pry bar slipped. The supervisor lost his balance and fell 23 feet to the cement below, causing his death.

1. How could the fatality have been prevented?
2. What safety precautions should the individual have taken? What precautions should the company have taken?

Fall Protection

- Guardrails are required on work surfaces when workers are exposed to falls over six feet.
- Guardrail must be 42 inches high. A mid-rail is required.
- The fall protection training program must cover the recognition of potential fall hazards at the workplace for the employee.
- Body harnesses with lanyards and secure attachment points are used when guard rails cannot be provided.

What Are We Going to Do Today?

What will we do here at the worksite today to prevent injuries due to lack of fall protection?

1. _____

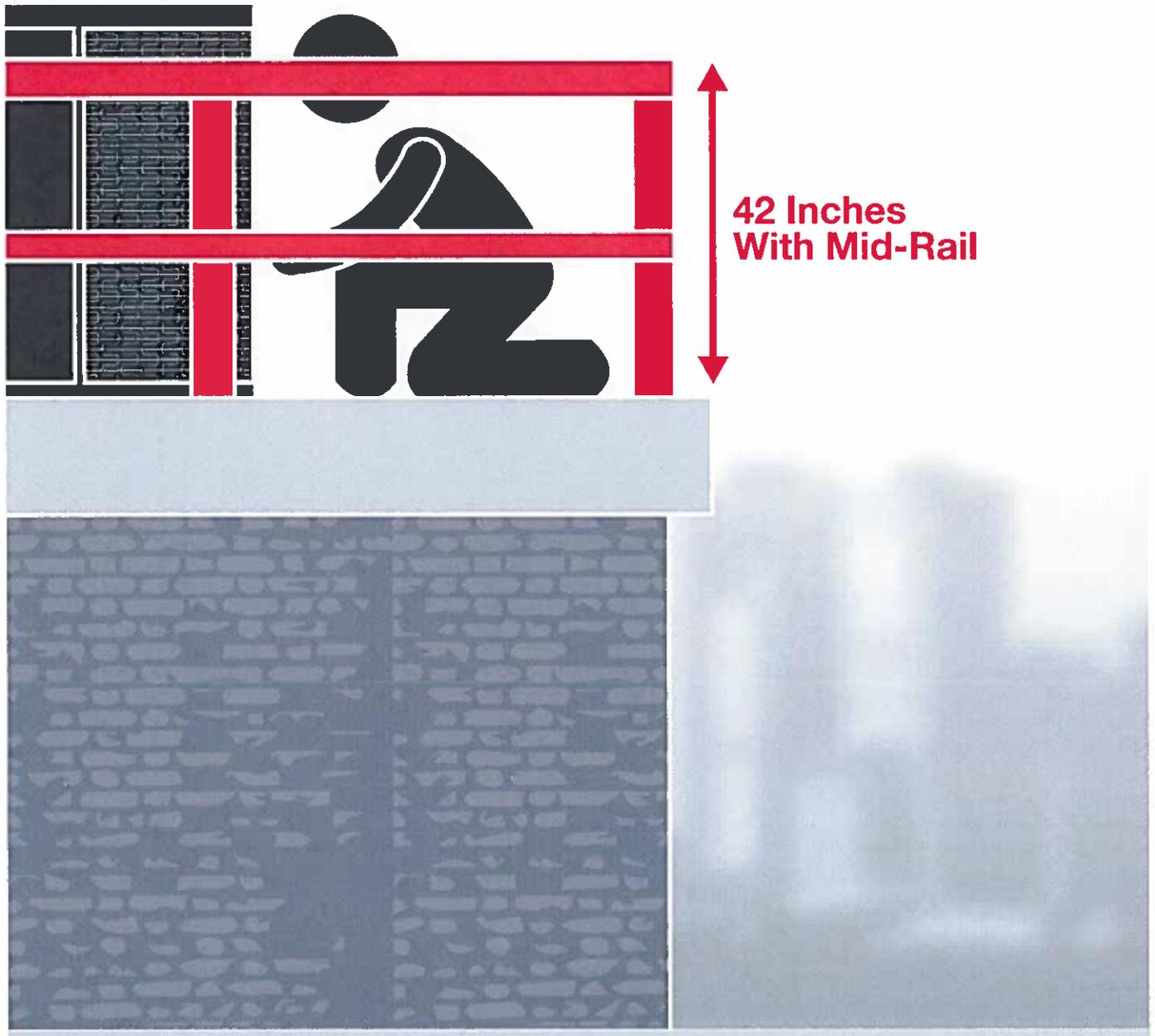
2. _____

3. _____

OSHA REGULATIONS: 1926.501 and 1926.503



Falls: General Protection and Awareness



- Guardrails are required on work surfaces when workers are exposed to falls over six feet.
- Guardrail must be 42 inches high. A mid-rail is required.
- Body harnesses with lanyards and secure attachment points are used when guard rails cannot be provided.



Falls Through Holes and Openings

Holes and openings are made in roofs and floors of buildings, both when they are built and when they are torn down. Workers can be injured or killed if they fall through the holes.

Here is an Example

John was in the process of removing a damaged plywood sheet when Phillip, another worker, requested some supplies. Before John left to get them, he set down the damaged plywood, and it happened to cover a hole. Later, Phillip came along and picked up the plywood sheet to take it to a disposal chute and he stepped into the uncovered hole. He fell to the concrete floor, about 25 feet below, and suffered severe injuries to his legs and back.

1. **Have you recently worked around a hole in a roof or floor?**
2. **Was the opening covered or protected with guardrails?**
3. **Have you known anyone who was injured falling through a hole or opening? If so, what happened?**

Preventing Falls Through Holes and Openings

- Guard or cover all holes you have created or uncovered before you leave the work area. Other workers might not notice an uncovered hole and could fall through.
- Label all covers with the word "HOLE" or "COVER" to provide warning of the hazard
- Keep an eye out for your co-workers and if a hole is uncovered take action to cover it, **EVEN IF YOU DID NOT UNCOVER IT!**
- Make sure covers can support at least two times the weight of workers, equipment and materials that may cross over them. (OSHA regulations require that covers be of standard strength and construction).
- Secure all covers so they do not move.

What Are We Going to Do Today?

What will we do here at the worksite today to prevent falls through holes or openings?

1. _____

2. _____

OSHA REGULATION: 1926.501 and 502



Falls Through Holes and Openings



- Guard or cover all holes you have created or uncovered before you leave the work area.
- Label all covers with the word "HOLE" or "COVER" to provide warning of the hazard
- Keep an eye out for your co-workers and if a hole is uncovered take action to cover it, **EVEN IF YOU DID NOT UNCOVER IT!**



Falls from Moving Machinery

One of the most dangerous jobs facing construction workers involves working with and around equipment used to handle materials.

Here is an Example

A vineyard hired a heavy equipment operator to dig ditches and mix fertilizer. The operator used a back-hoe attached to a large tractor. The tractor's seat belt was broken and could not be fastened. For unknown reasons the tractor slid into a drainage ditch and tipped over. Without the seat belt the operator fell out of his seat and into the ditch. The roll bar crushed his leg when the tractor continued to turn over.

1. **Why did this mishap happen?**
2. **Have you climbed onto a forklift or any equipment that was carrying materials or allowed someone else to hitch a ride?**

Preventing Injuries from Equipment

- Review the entire operator's manual before you work with a new piece of equipment.
- Check the equipment and controls every day before you begin work.
- Always put the transmission in park, shut off the motor and set the brakes before working on equipment.
- Keep grease and fluids off the walking surfaces to prevent slips and falls. Use 3 points of contact when entering and exiting equipment (such as two hands and one foot).
- Prevent Rollovers by not traveling on or working parallel to steep grades, embankments, or unstable soil.
- If possible, operate equipment that has a ROPS (rollover protective structure) and fasten the seatbelt.
- If equipment is rolling over or out of control, do not jump if it has a ROPS and seatbelt; you have a better chance of riding it out with a ROPS and your seat belt fastened.

What Are We Going to Do Today?

What will we do here at the worksite today to prevent being electrocuted by electric wiring?

1. _____

2. _____

OSHA Standard: 29 CFR 1926.1000



Falls from Moving Machinery



- Check the equipment and controls every day before you begin work.
- Always put the transmission in park, shut off the motor and set the brakes before working on equipment.
- If possible, operate equipment that has a ROPS (rollover protective structure) and fasten the seatbelt.