

# Slip/Trip/Fall Protection

## Toolbox Talk #6



We have all accidentally tripped or slipped at some point, some of us on a daily basis. The usual feeling afterwards is embarrassment or a slight scrape or bruise. However, injuries that are more serious can occur. Sprains, dislocations, and fractures are all possible. Below are descriptions of some hazards, and proactive steps to prevent them.

**Slips:** Occur with wet surfaces and weather hazards (ice/snow). They occur when you are hurrying and aren't paying attention to where you are walking.

- Take short, controlled strides, keeping your center of balance under your hips and shoulders
- Clean up all spills, grease, or oil before working or walking through the area.
- Be very cautious on smooth surfaces, like new floors, or freshly cleaned floors
- Wear the right footwear for the conditions. Slip resistant soles with plenty of tread are good for all seasons and environments

### Trips:

- Make sure you can see where you're going, don't carry something you can't see over
- Keep work areas well-lit and clutter free
- Ensure cords or equipment are not obstructing pedestrian walkways
- Look out for hazards due to loose footing on stairs or floors

### Falls:

- Don't jump or rush, control your motion
- Check lighting so you can see what you're doing
- Don't lean over guardrails
- Make sure you are secured to the equipment or machine you are using
- If working up high, make sure you have an anchor point
- Use handrails or guardrails when available



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**Remember!** Most of these accidents can be prevented if you look where you are going, know what hazards to look for, and try to maintain a clean and clutter-free work area.