



RISK REMINDER

Slips, Trips, Falls

WHAT IS IT?

Slips and falls occur every day. The extent of injuries and their recurrence can be minimized through proper safety knowledge and attitudes. Practice safety--don't learn it through experience. There are various ways to suffer slips and falls while working. You can slip and lose your balance, you can trip over objects left in your walkway, or you can simply fall from an elevated position above the ground.

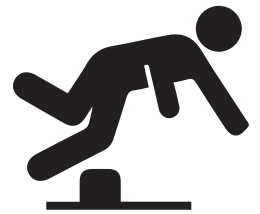


SLIPS

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong pair of shoes, or don't pay attention to where you're walking. To avoid slips, be on the lookout for foreign substances on floors. Watch for deposits of water, food, grease, oil, sawdust, soap, or debris. Even small quantities are enough to make you fall. When entering a building from the outdoors or from debris areas, clean your footwear thoroughly. Snowy and rainy weather requires that you clean off the soles of your shoes. Don't go too fast, walk safely, and avoid changing directions too sharply.

TRIPS

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trash, unused materials, any object left in the aisles or other areas designed for pedestrian traffic invites falls. Extension cords, tools, carts, and other items should be removed to keep passage ways clear of debris. Walk where you're supposed to walk. Short cuts through restricted areas invite accidents. Concentrate on where you are going - horseplay and inattention leaves you vulnerable to unsafe conditions. Watch out for uneven surfaces like asphalt, sidewalks, area rugs, ramps, walkways and door thresholds. Watch out for loose and frayed carpets and rugs. Remove trip hazards. Put warning signs up and complete a work order as necessary.



FALLS

The worst falls are from elevated positions like a ladder, however, falling off a curb can hurt too. Before using a ladder, contact your supervisor or HR to discuss options available and safety precautions. Hold on to handrails when using stairs or ramps. They are there to protect you should a fall occur. If you're carrying a heavy load which hampers your ability to properly ascend or descend stairs, use the elevator, or find help! If using a ladder, make sure it is of proper length and in good condition. Keep it placed on a firm surface. Don't over-reach. Always have control of your balance when working from a ladder or step stool. Never climb a ladder with your hands full.

For more information, contact TOIRMA at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7