

Safety Training	Training Month	Date
SLIP, TRIP AND FALL PREVENTION	FEBRUARY	2025

## What are Slips, Trips, and Falls?

Slips, trips, and falls are among the most common hazards in the workplace. They put many workers at risk of sprains, strains, cuts, bruises, fractures, and other injuries. At worst, they can also lead to death, especially in high-risk occupations such as construction. However, with adequate training and safety practices, companies can keep their personnel safe from these hazards.



Here at Titan America, Slips, Trips, and Falls account for over 30% of our work related injuries, each year.

- ♦ Slips occur when there's little to no traction between the footwear and the walking surface, causing a person to lose their balance.
- ♦ Tripping happens when a person's foot hits an object or steps down to a lower, uneven surface. Any of the two can disrupt a person's balance and make them lose their footing
- ♦ Falls (being the leading cause of fatalities among construction workers) can happen to anyone if they stumble and fall too far off their center balance. This commonly occurs for those working at heights.

### Here are the causes and risk factors for each :



#### Slips

- Wet spills (e.g., water, mud, grease, oil, food, blood, etc.)
- Dry product spills (e.g., powder, dust, wood chips, granules, plastic wraps)
- Weather hazards (e.g., ice, snow)
- Sloped or uneven walking surfaces
- Wet, muddy, greasy shoes
- Climbing ladders

#### Trips

- Clutter on the floor
- Obstructed view
- Poor lighting
- Uncovered cables, wires, hoses, and extension cords
- Uneven walkways
- Unmarked steps or ramps

#### Falls

- Weak or damaged ladders
  - Ledges without proper railing
  - Carrying heavy objects
  - Failure to use guardrails on scaffolding
  - Unprotected edges
  - Unsafely positioned ladders
- Misused fall protection and height access equipment



**SO WHAT CAN WE DO TO PREVENT SLIPS, TRIPS, AND FALLS?**

# How to Prevent Slips, Trips, and Falls



## Good Housekeeping

- Keep clutter away from the floor to prevent injuries.
- Close drawers when not in use.
- Put boxes away from the walkways.
- Store cables in protective covers.



## Adequate Lighting

- Make sure there's enough light on walkways, stairs, halls, ramps, and exits.
- Report malfunctioning lights to appropriate authorities.



## Safety Signs

- Alert workers of spill accidents and other trip hazards using safety signs.



## Spill Cleanup

- Clean up spills as soon as you see them.
- Sweep up clutter and debris regularly.



## Proper Footwear

- Wear non-slip shoes or waterproof footwear in slip-prone areas.
- Avoid using sandals, open-toed shoes, and high heels in slippery or uneven surface.



## Floor Quality

- Check your walking surfaces for uneven areas, holes, and other damages.
- Install safety mats and floor markings in hazardous workspaces.



## Plans and Protocols

- Follow OSHA guidelines on Safe Walking-Working Surfaces.
- Conduct toolbox and safety talks to inform employees of essential safety practices.

## *Icy Conditions*

*Fall and winter brings new hazards that you need to be watching for. Recently, there has been an increase in incidents related to fall and winter time conditions such as Ice and Snow.*



## **REMEMBER:**

- Call out Ice, sleet, or snow in areas frequented by employees to your manager. When supplies are available spread ice melt or sand yourself.
- Have rock salt or sand available in areas frequented by pedestrians, or areas known to accumulate ice.
- Place sand or rock salt as needed to avoid someone slipping and falling.
- Drive slow and cautiously when temperatures drop, and always be aware of the possibility for black ice.
- Make sure your work boots have good tread.
- Before exiting your truck look for ice. If you see ice move to a better location before exiting the cab.
- Avoid walking on uneven surface such as curbs.

3Points	Training Month	Date
<b>3 Points of Contact</b>	<b>February</b>	<b>2025</b>

## Three (3) Points of Contact:

Properly maintaining 3-points of contact while climbing is fundamental to safety. It ensures maximum stability while climbing or descending a ladder or vehicle cab and helps to prevent the possibility of a fall. When maintaining proper 3-points of contact you are distributing your weight evenly across multiple contact points.

## 3-Points of Contact - The Correct Way:

- In the cab of a truck release the seatbelt and make sure it is fully retracted.
- For the cab of a truck, lower the seat to the bottom position for ease of entry and exit.
- Always face the ladder or steps while ascending or descending.
- Maintain 3 Points of Contact while climbing. 2 hands 1 foot or 1 foot 2 hands.
  - Only 1 limb should be in motion at a time.
  - Do not carry any objects in your hand while climbing.
- Avoid rushing, don't skip steps or rungs.
- Make sure your boot is fully seated on the rung or step. Avoid climbing using the toe of your boot.
- Before stepping off the bottom step of the truck cab, or the bottom rung of a ladder, look down and make eye contact with the ground. Ensure a stable landing free of slip or trip hazards. (Rocks, muds, Hoses, Tools, etc.)
- Once you step down pause for 3 seconds before releasing your grip.
- Always turn your feet in the direction you will go. Do not twist to go in another direction.



## Remember:

Injuries resulting from a failure to maintain 3-points of contact are preventable. Always ensure your personal safety by adhering to the guidelines and help protect others by coaching anyone you see not utilizing 3-points of contact.