

MAY 2021 CCDC SAFETY MESSAGE

PREVENTING TRIPS AND FALLS

The Centers for Disease Control and Prevention states that falls can happen in all occupational settings, and “circumstances associated with fall incidents in the work environment frequently involve slippery, cluttered or unstable walking/working surfaces; unprotected edges; floor holes and wall openings; unsafely positioned ladders; and misused fall protection.”

To reduce the risk of falling at work, CCOHS recommends paying attention to your surroundings and walking at a pace that is suitable for the surface you’re on and the task you’re performing. Additionally, walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs.

Trips happen when your foot strikes an object, causing you to lose your balance. People trip due to a variety of reasons, including clutter in walkways, poor lighting, uncovered cables, drawers being left open and wrinkled carpeting or rugs.

Anything can be considered a trip hazard if it is on the floor or ground. Equipment, work materials, and everyday clutter can easily become obstacles on stairways, doorways, around corners, and on floors or the ground. To keep the workplace free of obstacles, it’s necessary to make it a practice to continuously check areas to ensure the floors and ground are free from clutter.

Situational and local awareness also help prevent trips and falls. Be sure you remember what objects maybe on the ground around you and **most importantly look before you move.**

Also, know your physical limitations on being able to move over an object. Consider whether you can safely climb over the object. **Consider moving around the object rather than climbing over or under the object.**

Here are a few safety tips:

- Keep walking areas, rooms, hallways, and floor surfaces clean and clutter-free.
- Do not leave hose, cables, wires, boxes and other items laying across floors or ground when not in use.
- Avoid leaving briefcases, files, boxes, etc. laying in walkways.
- Close all doors and drawers when not being used.
- Clean up spills immediately. If a spill can not be cleaned up right away, place “wet floor” warning signs for workers.
- Encourage workers to wear comfortable, properly fitted shoes.

THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUICATED (SAFE**)**