GBCA SAFETY TOOLBOX TALK

SLIPS, TRIPS, AND FALLS

Slips, trips, and falls cause many disabling injuries and deaths each year. These accidents usually result from poor housekeeping practices, and can take place anywhere: the office, the construction site, or the home. Prevent slips, trips, and falls by being proactive: observe your environment and PLAN your movements.

FAILING TO PLAN IS PLANNING TO FAIL

Examples of slip, trip, and fall hazards include the following:

- Tools and materials such as hoses, hand tools, buckets, or timber, etc. left on the ground.

- General construction debris such as pieces of brick, lumber, pipes, or other materials.

- Construction waste such as oils, greases, sawdust, or other fine dusts.

- Mud on the ground, walkways, or the rungs of a ladder.

- Spilled liquids, such as rainwater, spilled drinks, and plumbing leaks.

- Poor lighting levels that limit visibility, such as natural light during winter months, or insufficient lighting under scaffolds and inside buildings.

Key Points and Reminders:

- Concentrate on where you're going, what you're doing, and those working around you.

- Stay off cell phones while walking or working.

- Ask yourself, "Can someone else be affected by what I am doing or about to do?"

- Remove, fix, or report hazards in your path. Don't leave a hazard for the next person to fall over!

- Wear proper fitting footwear with soles in good condition.

- Avoid baggy, loose, or torn clothing that could get caught on something and cause you to trip.

- Pants should be worn on the waist or hips, not below the hips or at the thighs.

- Remove or clean muddy footwear when entering buildings, or wipe your feet when you come in from rain or snow. Secured entrance way carpets can reduce potential slips.

- Keep your work area clean. Clean up debris and waste regularly.

- Report any defective or inadequate lighting.

- Watch out for floors that are uneven, have holes, are wet, or have torn carpeting.

- When carrying loads, ensure that you have good visibility of the surface in front of you.

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