

AVOIDING SLIPS AND FALLS IN THE WORK PLACE

Slips and falls from the same level continue to be the second leading cause of accidents - including fatal mishaps - and occur even more frequently than falls from a higher level. Each year, hundreds or workers die (and thousands more are left disabled) from slips and falls on the job. The statistics are alarming, but you can change them. The fact is, almost all slips and falls can be prevented. It requires learning how to recognize slip and fall hazards and how to prevent them.

Some of the causes related to slip and falls include:

*Floor surfaces without non-slip surfacing;
Foreign substances on the floor surfaces;
Improper cleaning and maintenance,
Leaving the surfaces wet and slippery;
Footwear with slick soles, or worn soles and heels;
Poor illumination; tripping hazards from equipment in aisles, scrap and litter in the walkways;
Walking styles and other personal factors, such as running, crowding, pushing and horseplay,
Fatigue, inattention, and illness are further contributors to slips and falls.*

Avoiding a slip and fall is entirely up to you.

Make sure the shoes you are wearing have soles that will not slip easily on the work place floor. If soles are smooth, replace them.

Look out for tripping hazards. If you see something in the aisle such as work place equipment, hoses, or other materials, remove these potential tripping hazards.

Don't carry equipment or materials that block your vision.

Above all - keep your head up while you are walking! Don't run down an aisle or around corners. If you do slip and fall:

**Keep your limbs parallel with the ground.
Slap the ground with a hand and extended fingers to absorb part of the impact.
Bend your arms toward the body.
Try to roll onto your thighs or buttocks to prevent bone injuries.
Don't move if you feel you have hurt yourself. Await Help!**