

WHAT CAN I DO TO PREVENT SLIPS, TRIPS, AND FALLS?

WORK AREA



- Wear appropriate slip-resistant shoes
- Slow down to negotiate turns, corners, obstacles, and areas of limited visibility
- Keep workspace and walkways clean, clear, and well lit for you and your visitors

WET FLOORS



- Clean up wet areas and spills immediately
- Make sure signs warn others of the danger of wet surfaces when mopping
- Use caution in areas where wet floors are likely: entrances, rest rooms, and mopped floors

PARKING LOT AND GROUNDS



- Stay alert for uneven surfaces
- Watch for curbs and potholes when moving between vehicles
- Assume there is ice if the temperature is close to freezing; slow down and take short strides

STAIRS



- Take only one step at a time
- Keep one hand free to grasp the handrail
- Limit your load and make sure your vision is not obstructed

CORDS



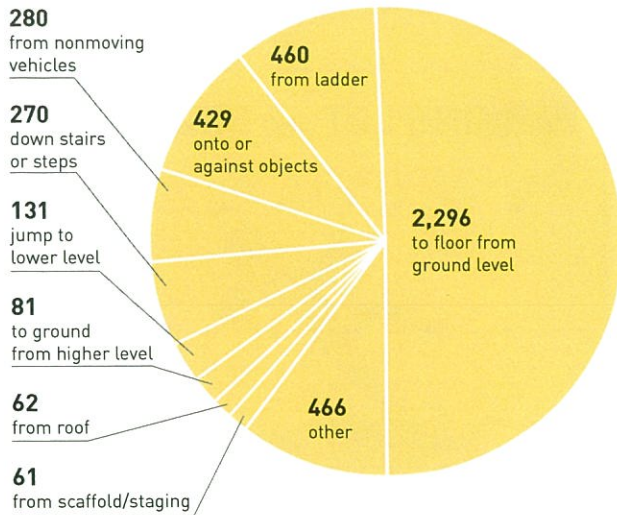
- Do not allow electrical cords or other objects to extend across a walkway
- Tie up any cords that might pose a trip hazard
- Tape down or secure cords temporarily located in traffic areas

LADDERS

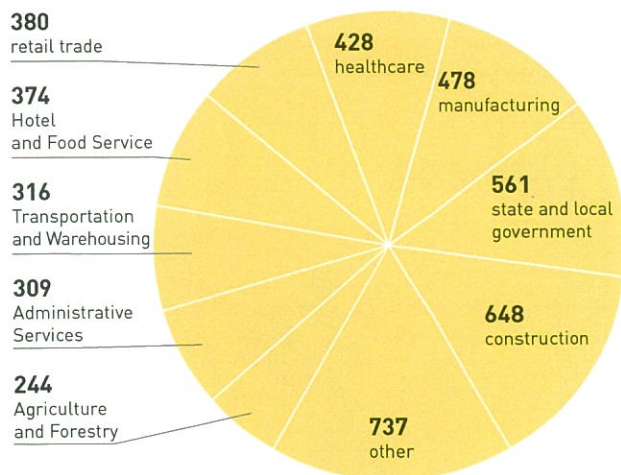


- Stand on a ladder instead of a chair, table, bucket, or box
- Use the correct ladder for the job
- Never step on the top platform of any ladder, including a stepladder

OREGON accepted disabling claims
Oregon Department of Consumer and Business Services 2007



OREGON falls by industry
Oregon Department of Consumer and Business Services 2007



SAIF CORPORATION 2004-2008 data

The average disabling claims cost of a slip, trip, and fall claim: **\$22,000**

20% of all disabling claims are caused by slips, trips, and falls.

The estimated **3.8 million** disabling work injuries caused each year by slips, trips, and falls, account for 12 to 15 percent of all workers' comp costs.

Slips, trips, and falls cause **15%** of all accidental deaths, second only to motor vehicles.

Falls and equipment mishaps are the two most common causes of injury for younger workers.

Same level falls, like slips and trips, make up **65%** of all fall injuries.

More than **60%** of elevated falls are from less than 10 feet.

Occupational Safety and Health Administration 2007 and the National Safety Council



For printable posters and brochures visit:
www.saif.com > Employer Guide > Safety

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PREVENT SLIPS, TRIPS, AND FALLS



IF YOU NOTICE A HAZARD, ACT.