



Slips, Trips, and Falls

Slips, trips, and falls can happen anywhere on your jobsite. They can result in disability or death and are one of the most frequent causes of jobsite injuries. Slips, trips, and falls are the leading cause of lost time work injuries. To reduce slips, trips, and falls:

- Focus on what you are doing, where you are going, and what lies ahead.
- Take action to fix, remove, or avoid hazards in your path. Do NOT leave the hazard for someone else!
- Wear sturdy shoes or boots with nonskid soles.
- Watch out for floors that are uneven, wet or have holes.
- Clean up spills and wet areas and plan for good drainage during wet work activities.
- Don't carry loads that you can't see over.
- Ensure that there are proper walkways around the jobsite to the work area and keep them clear.
- Use drop overs to allow safe passage over hoses, wires, etc.
- Keep walking and storage areas clean and free of debris scrap and other materials.
- Keep the parking area graded and smooth.
- Smooth out truck and equipment tire ruts.
- Safely route extension cords, hoses, and other obstructions to minimize interference with foot traffic.
- Ensure that there is adequate lighting on the jobsite.
- Use the 3-point rule: One hand and two feet or one foot and two hands when climbing on and off equipment or using ladders.
- Perform good housekeeping to keep walkways free of debris and hazards.
- Wear adequate safety shoes with slip resistant soles.
- Have adequate lighting throughout the jobsite to keep all areas well lit.
- Mark and/or control all unavoidable trip hazards.
- Protect both the public and workers, not just one or the other.

SAFETY REMINDER

Do not walk past a hazard without addressing it!