



TDCJ Risk Management's Training Circular

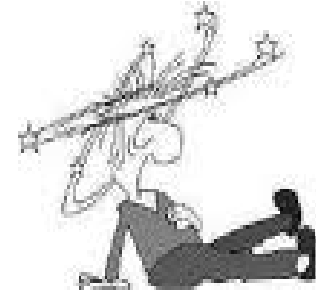
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SLIPS, TRIPS AND FALLS

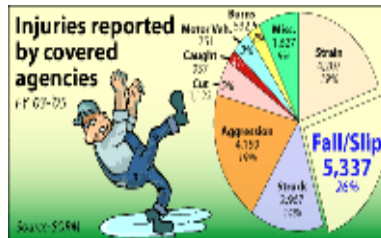


OK, so how many times have you fallen or tripped over your own feet and turned around to make sure no one was looking? Go ahead and tell it, we have all done it. Have you ever stumbled over nothing and turned around to see what you stumbled on, just to see nothing? You just shake

your head, laugh and hope no one saw you and continue to walk on, wondering how did I do that. Did you know that according to the U.S. Department of labor, slips, trips, and falls constitutes the majority of general industry mishaps. This particular category of mishaps causes **15 percent** of all accidental deaths and is second only to motor vehicles as a cause of fatalities.



The average person takes 18,000 steps every day, but how many of these steps are



taken seriously. There are over 13 million slip, trip, and fall injuries every year that result in lost workdays, broken bones, "bad backs," even permanent disability and death. By understanding how slips, trips, and falls happen, you can prevent painful injuries both on and off the job.

Slips

Slips are a loss of balance caused by too little friction between your feet and the surface you work or walk on. Slips can be caused by constantly wet surfaces, occasional spills, or weather

hazards such as ice or snow. Walking carelessly, ignoring occasional spills, and wearing shoes without adequate traction for the surface can cause painful slip injuries both at work and home.



Trips

Trips are a loss of balance caused by an interference between your forward motion and some object. (You can also trip walking or running backwards) Taking short cuts, leaving clutter in walkways, working under poor lighting, and walking on loose, uneven surfaces are common cause of trips. Trips are as likely to occur from these hazards at



of a curb or sidewalk to stepping into animal holes. As we have seen, falls are the second lead-



ing cause of accidental deaths in the United States. Of these fatal falls, statistics show that nearly half occur on steps and stairways and other areas. Steps and stairways can be found in various dimensions and numerous locations. Stairways are constructed out of many common building materials (metal, wood, concrete, etc.) and used to permit transit from one level or floor to another in applications too numerous to detail in this training packet. Naturally, to prevent a stairway fall, awareness and prevention remain the key. Before setting foot on a stairway, the following preventative measures should be physically in place and consciously in your mind.



- Whether going up or down stairs, always use the handrail.
- Seeing where you are going is important. Make sure the stairs are well lit with on/off switches at the top and bottom of the stairs
- Make sure the stairs are clear and free of all obstacles.
- Never use a stairway for temporary storage.

- Routinely check the stairs for worn or loose carpeting and immediately make any necessary repairs. If the steps have a smooth surface, install anti-slip tread to provide traction for secure footing.
- Make sure that the edge of each stair is noticeable. If the stairs are carpeted with a material that has a busy pattern, the edge of the stair may not be obvious.
- To avoid confusing the bottom basement step with the floor (a very common occurrence), paint it white to make it more visible.
- Take extra care when ascending/descending steps while wearing footwear such as high heels, sandals, slippers, athletic shoes, or socks.
- Avoid carrying vision-blocking loads. Don't carry so much up or down stairs that you can't see where you are stepping. Also, keep one hand free to hold onto the handrail. If necessary, make several trips with smaller loads.



- If throw rugs must be positioned at the top or bottom of a stairway, make sure they are securely fastened with skid-resistant backing

and carpet tape.

- Be on guard for single steps when entering or exiting a room. Sudden level changes can be hazardous. Highlight these single steps whenever possible.

Now that you know about slip trips, and falls **don't** be added to the U. S. Department of Labor statics.

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