



PREVENTING SLIPS, TRIPS AND FALLS

OSHA Preventing Slips, Trips and Falls
Course: Hours Instruction
Hours: Class Room
Hours: Field Instruction

Regulation 29 CFR 1910
Prerequisites: NA
Fee:
CE Credits:

Slips, trips and falls are occupational hazards that can be found in almost every type of work setting. Approximately 3.8 million disabling work injuries are caused each year by slips, trips, and falls, and results in 12 percent to 15 percent of all workers' compensation costs.

Falls are the leading cause of death in construction, many from just six feet. Additionally, more construction workers are injured from falls. The cost to the business goes beyond injury or death to the worker. Besides workers' compensation and medical costs, there is the cost of having fewer workers on a project, added costs of recruiting and training new workers and low morale of seeing an injury or death to a coworker.

A fall can occur in a split second without any time for the worker to react. The most effective way to protect workers from falls is to eliminate the fall hazard. Prevention is extremely valuable to your workers and everyone on the job site and can mean the difference between life and death. Plan to get your job done safely with the right fall protection equipment, and train all workers to use the equipment safely.

Slips - Occurs when there is too little friction or traction between your footwear and the floor surface.

Trips - Occurs when your foot strikes an object resulting in a loss of balance; your momentum causes your body to continue forward, throwing you off balance.

Stumbles - Occurs when you unexpectedly step down to a lower surface.

Fall - Occurs when you are too far off your center of balance, either at the same level or a lower level.

There are numerous considerations to prevent slips, trips and fall hazards, including:

- Footwear
- Parking lot and grounds
- Ramps and loading docks
- Stairs
- Ladders
- Training
- Obstruction in walkways or on stairs
- Poor lighting
- Floor surfaces (uneven or slippery)

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- Spills
- Scaffolding

Who Should Take This Course:

Business owners, employers, managers, supervisors, employees and / or their representatives who have responsibility for preventing workplace slips, trips and falls; but who may have limited safety and / or training experience.

Course Objectives:

- Identify potential slip, trip, and fall hazards in the workplace and to prevent injuries
- To reduce the causes of serious injury and deaths
- General practices will be explained to correct and help avoid these types of accidents
- The employee will be more aware of how these injuries are sustained and how they can be reduced
- Personal responsibility
- Plan ahead to get the job done safely
- Identify proper safety equipment
- Train everyone to use the equipment safely
- Identify the impact of slips, trips and falls on the workplace
- Recognize the various types of slips, trips and falls
- Recognize the OSHA regulations and other industry standards relating to slips, trips and falls
- Conduct a baseline evaluation of your workplace
- Identify specific actions to be taken on your job site

Identify causes of slips, trips and falls, including:

- Uneven walking surfaces
- Spills
- Loose matting
- Weather-related conditions like rain, snow and / or ice
- Wearing inappropriate footwear
- Walkway surfaces that are in disrepair
- Highly polished surfaces / floors that do not allow for adequate footwear traction
- Clutter
- Open desk/cabinet drawers

Controls needed to help prevent slips, trips and falls, including:

- Practicing good housekeeping
- Keeping floor surfaces clean and dry
- Providing adequate drainage in wet floor locations
- Ensuring wet floor warning signs are posted in and around wet floor locations

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- Maintaining clear aisles and passageways
- Ensuring walkway surfaces are in good repair
- Keeping cords and hoses out of the way
- Reporting and cleaning up spills immediately
- Providing non-slip coatings or anti-skid surfaces
- Minimizing matting trip hazards
- Providing adequate lighting in all areas
- Eliminating uneven floor surfaces
- Setting standards for type(s) of footwear to be worn

Forms of fall protection systems, including:

- Anchorage
- Body Harness
- Connectors
- Deceleration Device
- Guardrail Systems
- Safety Net Systems
- Warning Line Systems
- Controlled Access Zones
- Safety Monitor Systems
- Hole Covers

United Safety Solutions Course Covers:

- Effective Training and Education Strategies
- Systematic Recognition of Hazards
- Evaluation Techniques of Hazards
- Appropriate Controls of Hazards
- Action Planning and Using Resource Materials in Your Business
- Slip, Trip and Fall Statistics and Costs
- Injuries Resulting from Slips, Trips and Falls
- Definitions of Slips, Trips and Falls
- Causes of Slips, Trips and Falls
- 3 Steps for Preventing Slips, Trips and Falls
- Behaviors for Preventing Slips, Trips and Falls

Certification:

Successful completion requires 80% on both classroom and practical skills.

Upon successful completion, participants receive a wallet card, documentation to satisfy OSHA.