

Walk Safely



Remember, one of the most common injuries are slips, trips and falls, but most of the time it is because of an unsafe behavior. It is everyone's responsibility to recognize, inspect, report, control and/or correct potential safety hazards where applicable.

—Source, ISHN Online, ASSE

Prevent the Slip. Avoid the Trip. Do Not Fall, Walk Safely!

There are a few risks associated with the simple act of walking that can result in an injury. Serious accidents can result from a slip and fall or from a trip and fall. Why get caught in a situation like this? Let's go straight to root cause to eliminate the possibilities of such injuries. There are many reasons for slip/trip and fall injuries but most of the time it is because of an unsafe act and/or an unsafe behavior. These unsafe acts/behaviors are acquired over time and result in bad walking habits. As an example, being overly focused on our smart phones can make us act like the phone is smarter than us. The distraction these devices can cause can result in a trip or slip and fall. Don't wait to learn the hard way, walk safely.

What are the probabilities of having an injury? Considering the facts and statistics the probabilities are very high. An estimated 300,000 disabling injuries occur each year resulting in 1,400 deaths. Slips, trips and falls account for 15 to 20 percent of all workers' compensation costs.

There are some preventative measures that can be taken. Slip resistance of walking/working surfaces explores surface characteristics. Footwear can be designed to offer slip resistance. Let's take a look at some basic guidelines to apply in your own workplace:

- Look where you are going.
- Make a commitment with yourself to prevent accidental slips, trips and falls.
- Know the area, inspect the working and walking areas to identify any hazards that could cause slips, trips and falls.
- Special attention should be given to housekeeping, lighting and visibility, stairways of walking and working surfaces,
- Immediately correct dangerous situations.
- Provide employees with basic training on the prevention of slips, trips and falls.
- Wear proper footwear for the work performed and environment whether in the office, shop, plant, or field.
- Report and record all slips, trips and falls, with or without injury. Every incident should be thoroughly investigated. Take immediate corrective action to prevent repeat occurrences.

Tips for Safe Footwear

- Soles and heels should be slip-resistant.
- The shoe should match the type of environment and job duties of the employee

Tips for the Environment

- Know the building floor characteristics, know how to install mats and runners
- Control access to areas with a slippery environment and provide appropriate signage
- Provide housekeeping and maintenance training