

Safety Toolbox Talk

Project Safe Ohio hopes you and your team benefit from this Toolbox Talk. Please note that this Toolbox Talk is intended as an overview of key points regarding this subject and is not intended to be complete training in accordance with any regulatory standards. If you have any questions or would like to obtain the appropriate training, please call Project Safe Ohio at 234-208-6626, or email us at gregory@projectsafeohio.com. Thank you and remember to always stay safe.

Week 1 - January 1, 2024

Slips, Trips and Falls Toolbox Talk

1. Understanding the Hazards

- Slips occur when there's insufficient friction between footwear and the walking surface.
- Trips happen when your foot collides with an object, causing you to lose balance.
- Falls occur when you lose contact with the walking or working surface.

2. Injury Statistics

- According to the **2013 Liberty Mutual Workplace Safety Index**, slips and trips were the **second leading cause** of workplace injuries and fatalities, right after motor vehicle accidents.
- Slips, trips, and falls continue to be a common cause of emergency room visits for workers.
- Common injuries include broken bones, cuts, strains, sprains, and back injuries.

3. Causes of Slips, Trips, and Falls

- Wet or oily surfaces.
- Weather hazards (rain, snow, ice).
- Loose mats and rugs.
- Uneven walking surfaces.
- Obstructed views.
- Poor lighting.
- Clutter.

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- Uncovered wires and cables.

4. Preventive Measures

a. Good Housekeeping

- Clean up as you go: Regularly clean your work area to prevent hazards.
- Mark wet areas: Clearly indicate wet spots until they're cleaned and dry.
- Remove debris: Mop or sweep debris from walking surfaces.
- Clear walkways: Keep walkways free of clutter and obstacles.
- Secure mats and rugs: Ensure they lie flat.
- Cover cables and wires: Prevent tripping hazards.
- Well-lit work areas: Proper lighting reduces risks.
- Daily fall hazard checks: Inspect for potential hazards and report them to your foreman.
- Salt icy areas: During winter, salt sidewalks and parking lots to prevent slips.

b. Walking Surfaces

- Improve traction: Ensure walking surfaces provide sufficient grip.
- Avoid uneven surfaces: Be cautious on uneven terrain.
- Choose slip-resistant footwear: Wear appropriate shoes.

Remember, preventing slips, trips, and falls is everyone's responsibility. By following these precautions, we can create a safer work environment for ourselves and our coworkers.