

# PREVENTING SLIPS, TRIPS AND FALLS

*Watch your step and down let slips and falls put you down.*

**S**lips and falls can happen almost anywhere and can be caused by a number of things. Trying to catch your balance when you slip, for example, can pull muscles, tear ligaments and cause permanent damage to your back, even if you avoid falling down. Falls cause the second-highest number of occupational deaths each year. Yet, slips and trips are seldom recognized as incidents that cause serious injury. Here are some steps to make sure you keep your feet on the ground

## Truck Driver Safety Checklist

1. Standing on a bumper to clean your windshield is an open invitation for a bad slip or fall. Be especially careful of your footing on ladders attached to trucks and catwalks, and always face the ladder when climbing or descending.
2. When entering or getting out of a cab, footing stability can be jeopardized. Always face the cab when going in or out, and use the handgrips.
3. Mats, rugs and runners are also hazardous if they can slip or slide, or are torn, curled up or loose.
4. Do not climb over freight or use it as a makeshift platform.
5. Don't jump off docks or trucks
6. Carry only what you can reasonably handle and keep your balance.

## General Checklist

1. Know where you are going.
2. Watch where you are walking.
3. Move around obstructions, not over them.
4. Use handrails when on stairs.
5. Use the proper shoe for the anticipated hazard.
6. Avoid jumping from level to level; use steps or ladders.
7. Inspect your ladder prior to use.
8. Use fall protection when required.
9. Only rock in a rocking chair.

## Thought Provokers

1. What type of conditions can cause a person to fall on a stairway?
2. List common causes of falls on level surfaces.
3. Identify items that may make a floor dangerous.
4. What precautions are needed when working on a ladder?
5. What housekeeping steps may prevent slips, trips and falls?
6. What can you do to prevent a slip, trip or fall?