

# PREVENTING SLIPS, TRIPS, AND FALLS: VEHICLES AND DOCKS

## SAFETY TALK

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Falls cause the second-highest number of occupational deaths each year. Even less severe falls, or near-falls, can be life-changing. For instance, trying to catch your balance when you slip can pull muscles, tear ligaments, and cause permanent damage to your back.

## CHECKLIST

- Don't stand on a bumper to clean your windshield.
- Always face the cab when going in or out, and use the handgrips.
- Be especially careful of your footing on ladders attached to trucks and catwalks, and always face the ladder when climbing or descending.
- Mats, rugs, and runners are also hazardous if they can slip or slide, or are torn, curled up, or loose.
- Don't climb over freight or use it as a makeshift platform.
- Don't jump off docks, trucks, or from level to level.
- Carry only what you can reasonably handle and keep your balance.
- Move around obstructions, not over them.
- Use handrails when on stairs.
- Inspect your ladder prior to use.
- Use fall protection when required.
- Wear proper footwear for the job.

## THINGS TO THINK ABOUT

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?

## ACCIDENTS ARE PREVENTABLE. LEARN MORE AT [GRINNELLMUTUAL.COM](http://GRINNELLMUTUAL.COM).

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