

Safetygram

NCI-Frederick

ISM-111

General

March 2013

Slips, Trips and Falls

Slips, trips, and falls may not sound particularly dangerous, but they are among the leading cause of occupational injuries. Below is a list of things to do and not to do in order to help prevent an injury.

Things to Do:

- Wipe up spills immediately. Spilled water, coffee or melted ice can be as slippery and as dangerous as oil or grease if you step on it.
- Report hazards and follow up to make sure they are eliminated. These may include cracked or chipped tiles, uncovered floor drains, and uneven surfaces.
- Report to the Trouble Desk at FME (x1068) burned-out light bulbs, especially those in stairways where darkness can be dangerous.
- Wear nonskid shoes if the floor in your work area is often wet.
- Hold onto handrails when going up and down stairs.
- Make sure you can see where you're going. Don't carry high loads or large boxes that obscure vision.
- Stay clear of the edge when working from a platform. Be extra cautious if there are no barricades or handrails.
- Take extra care if you are fatigued or on medication. You may be more susceptible to an accident at these times.
- Promptly report any ice or snow that needs to be cleared to trouble desk (x1068)

Things Not to Do:

- Leave boxes, scrap, tools, or other clutter where they can create a tripping hazard.
- Stretch electrical cords across walkways, not even for "just a minute." It only takes a second for someone to trip on them and be seriously injured.
- Take short cuts through dark or cluttered areas.
- Run, especially on stairs or on slippery surfaces.
- Overreach when you're on a ladder.
- Take shortcuts across the grass.
- Do not cross icy or snowy walkways.

Please phone EHS at x1451 if you have any questions or require additional information.