

# SAFETY SPOTLIGHT

## FALL PROTECTION/INATTENTION

### Inattention Leads to Slips, Trips, and Falls

Slips, trips, and falls are one of the primary causes of injury in the workplace (200,000+ per year), leading to disability in many cases and death in several instances. They are also largely preventable. One of the best ways to recognize hazards is to pay attention to where you are going and avoid distractions along the way.

**Don't multitask.** Keep your focus on your path of travel.

- ❖ **Leave your phone alone.** Avoid looking at your phone screen, texting, calling, or video chatting while walking.
- ❖ If you need to read papers or signs, stop while doing so, then continue walking after you have finished.

**Watch where you are going.** There could be a curb, step, or slippery substance in your way that could lead to a fall.

- ❖ Don't carry loads that obstruct your view.
- ❖ Walk forwards, not backwards.
- ❖ Turn on the light before entering a dark space, especially one you are unfamiliar with.
- ❖ If you are traveling with someone else, keep your gaze on your path of travel instead of the other person.

**Think ahead.** You may come across a situation now that could lead to a fall later.

- ❖ Clean up spills as soon as they happen.
- ❖ Keep your workspace free of clutter, especially on the floor.
- ❖ Push drawers in when you are finished with them.
- ❖ Don't stretch power cords across walkways if possible. If you must, utilize a cord cover to prevent tripping over the cord.
- ❖ Report unsafe site conditions, such as broken pavement or torn carpeting, immediately.
- ❖ Wear the right footwear for the job. For instance, wear slip-resistant shoes if you work on wet or slippery pavement. Keep shoelaces tied tightly.
- ❖ Before using any ladder or stepladder, make sure it opens fully.
- ❖ Check that ladder extensions are fully locked and that the ladder legs are stable on a flat, non-slippery surface.
- ❖ Don't go over the load limit noted on the ladder.



Helping to keep our member's employees safe! This Safety Spotlight brought to you by: