

# Safety First

## Preventing Injuries Due to Slips, Trips and Falls

Preventing falls is important in workplace safety: **15 percent of accidental workplace deaths are caused by slips, trips or falls and between 2004-2008, 36 miners lost their lives in accidents resulting from a slip or fall. And did you know that 65 percent of fall-related injuries occur on same-level walking surfaces?** Good housekeeping, quality walking surfaces, selection of proper footwear, and appropriate pace of movement are critical in preventing fall accidents.

### Housekeeping:

Good housekeeping is the first and the most important step in preventing injuries due to slips, trips and falls. It includes:

- cleaning all spills immediately;
- marking spills and wet areas;
- removing obstacles from walkways;
- securing objects that do not lay flat;
- keeping work areas and walkways well-lit.

Without good housekeeping practices, other preventative measures will not be fully effective.

### Reduce Your Risk:

Slips, trips and falls result from an unintended or unexpected change in the contact between the feet and the walking surface. To reduce your risk:

- use light sources that are sufficient for the task;
- ensure that things you are carrying or pushing do not prevent you from seeing obstructions;
- maintain, whenever possible, three-point contact with the surface you are ascending or descending.

### REMEMBER:



Maintain three points of contact at all times.

- Eyes on Path
- Three Points of Contact
- Avoid Multi-Tasking