

# Beware of Slip and Fall Hazards

# GRIP

A BETTER HANDLE  
ON WORKERS' COMP

## *Protect yourself on-site with these easy precautions*

Slips and falls are a common occurrence in the construction industry and can cause serious pain in the form of head injuries, back injuries, broken bones, sprains and strains to muscles. Even trying to catch your balance when you slip or trip can cause injuries, regardless of whether or not you actually fall.

Slips and falls are a major cause of accidental deaths in the United States, second only to motor vehicle accidents, according to OSHA.

## Easy Prevention

Although injuries resulting from slips and falls are often easily preventable, they still happen. In fact, slips and falls account for the majority of workplace accidents at construction sites. There are many ways in which you can protect yourself against slips, trips and falls on the job.

## Tips to Avoid Slipping

Keep the following suggestions in mind to avoid these hazards at work:

- Wear personal protective equipment (PPE) such as a hard hat, work gloves, safety shoes and eye protection.
- Dark safety glasses with darker days can increase the likelihood of a slip or fall.
- Be aware of slipping and falling hazards when working on raised platforms.
- Inspect roofs and walking surfaces for mossy conditions that could create a slip and fall.
- Use guardrails and guards around work areas that are prone to slips and falls.
- Inspect and secure stairs and handrails to ensure their strength.
- Use ladders only in good repair that do not have missing rungs, clean boots of mud when possible.
- Keep walkways clean and free of debris or other tripping hazards.
- Keep all cords and hoses orderly and clear of walking spaces.
- Conduct a pre-job inspection to identify and eliminate or correct hazardous working conditions.
- Wear appropriate waterproof footwear to decrease your chance of slipping and falling.
- In wet weather, work under covered areas.

## Be on the Lookout

If you notice any conditions on the construction site that you think may present a slipping hazard, correct them immediately or let your supervisor know. Resolving the problem in a timely manner could mean saving yourself or a co-worker from lost pay, injury or death