According to the U.S. Occupational Safety and Health Administration, slip, trip, and fall injuries have represented over 35% of all occupational injuries since 2002. Many of these injuries are caused by unsafe behaviors or decisions and failure to correct unsafe conditions when they are recognized. Review the following Safety Talk to help reduce the number of these hazards at Colby.

**Slips:**
Slips occur when one’s foot collides with an object, causing you to lose balance. Common causes of slips are:
- Obstructed view
- Poor lighting
- Poor housekeeping
- Wrinkled carpet
- Cords across walkways
- Uneven walking surfaces

**Trips:**
Trips occur when one’s foot collides with an object, causing you to lose balance. Common causes of trips are:
- Obstructed view
- Poor lighting
- Poor housekeeping
- Wrinkled carpet
- Cords across walkways
- Uneven walking surfaces

**Falls:**
Falls occur when one loses balance, resulting in a drop to the ground from the effects of gravity. Common causes of falls are:
- Improper use of equipment
- Horseplay
- Unfamiliar with work area
- Overreaching
- Skipping steps
How to Minimize the Risk:

- Clean slip hazards on walking and working surfaces such as water, ice, snow, oil, and grease. Repair leaking equipment, awnings, and shelters immediately.
- Walk, do not run to your destination. Give yourself enough time to get where you are going.
- Wear shoes that have good tread and are made of non-slip material (rubber).
- Watch where you are going while walking—pay attention and do not get distracted. Reading, writing, texting, and similar tasks while walking are not safe behaviors.
- Always familiarize yourself with the work area and activities before starting.
- Pick up hoses, cords, chains, and other similar hazards immediately after use, and safely store them. Install retractable hose and cord reels if possible.
- Maintain 3 points of contact when climbing ladders and stairs. Use handrails.
- Inspect walkways before lifting and carrying something if your visibility to the ground is going to be obstructed.
- Pick up and properly dispose of banding and straps when unpackaging materials and supplies.
- Apply non-slip tape to handrails, steps, and walking surfaces if necessary.
- Pick up and safely store brooms, shovels, and tools. Do not lean them against a vertical surface because they can fall over and become trip hazards.
- Routinely inspect the condition of handrails and guards.
- Always use fall protection if there is any possibility that you could be injured by a fall from your work area.

The Numbers:

35% of occupational injuries are related to slips, trips, and falls

#1 cause of worker’s compensation claims and occupational injury for people aged 55 years and older

3 Million Americans will have an injury at work every year
### Questions/Discussion:

1. What behaviors cause the greatest risk of slip, trip, and fall hazards at Colby?
2. What are some safe ways to properly store hoses, cords, brooms, shovels, and other trip hazards?
3. Incidence of falls goes up with each decade of life. Why do you think this might be true?

<table>
<thead>
<tr>
<th>Printed Name</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Questions, concerns or comments contact the EHS Director at extension 5504.