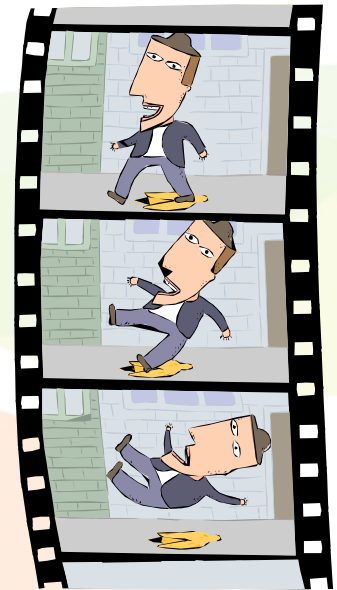




Same Level Fall Prevention

Falls/Slips/Trips (FSTs)

- You take hundreds of steps every day, but how many of those steps do you take seriously?
- Please take a few minutes to understand how Falls/Slips/Trips happen.
- YOU CAN PREVENT needless and painful injuries.



Falls on the same level accounted for just under \$3,000,000 in paid injury costs with a potential of another \$5,000,000 of Georgia's Workers' Compensation injury costs and approximately 12% of the total injuries for FY2015.

Causes

Slip, trip, and fall hazards are generally caused by three factors:

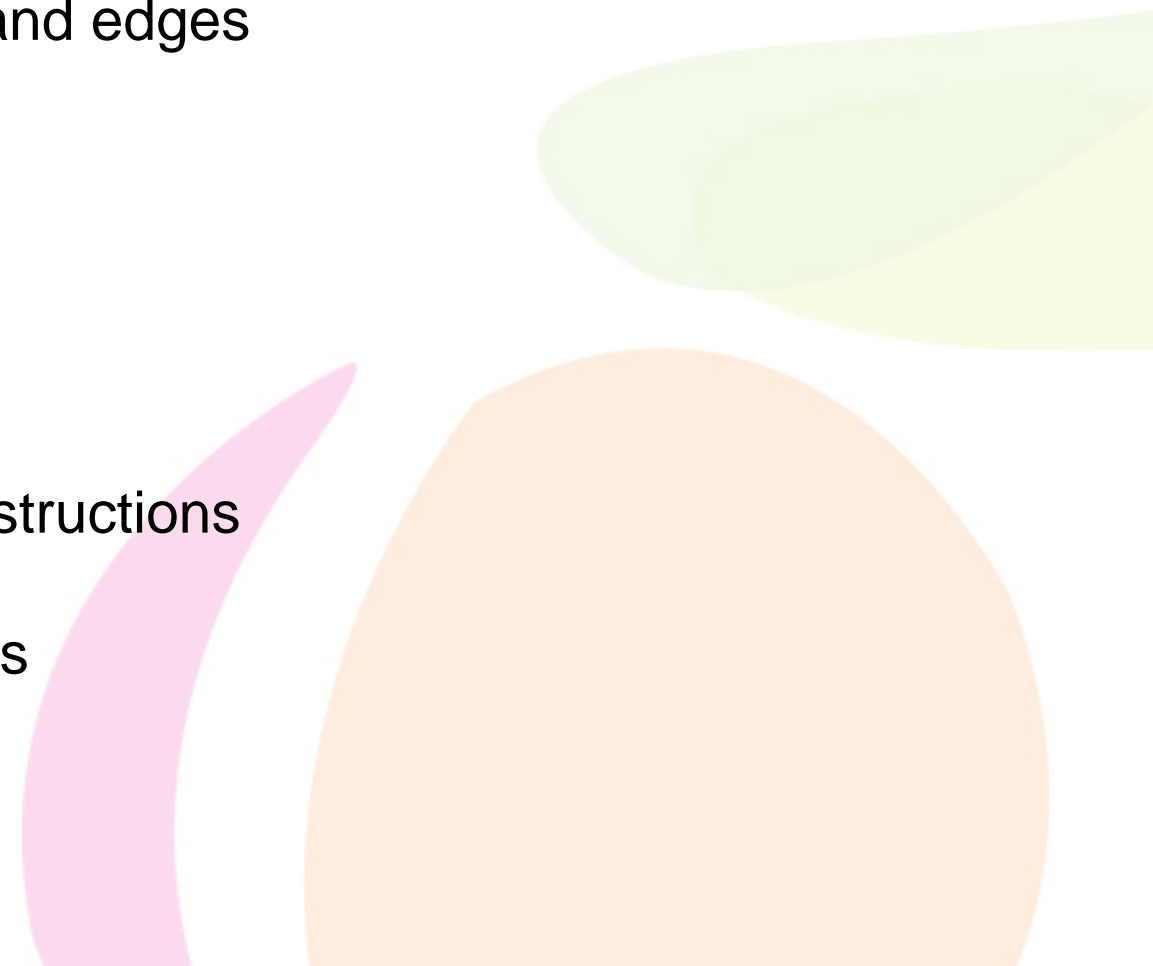
1. Design/Equipment

- Improper footwear
- Unguarded sides and edges
- Uneven surfaces
- Bulky PPE

2. Human

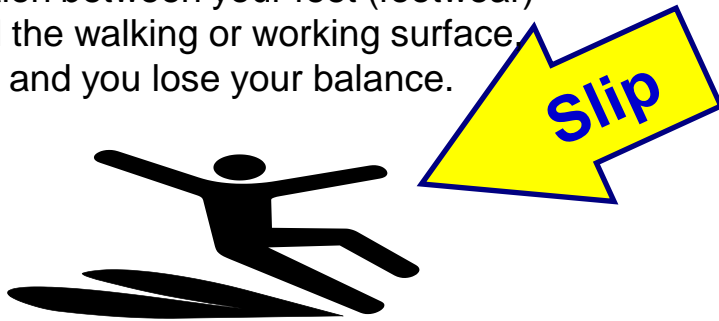
- Inattention
- Haste
- Fatigue
- Failure to follow instructions

3. Environment

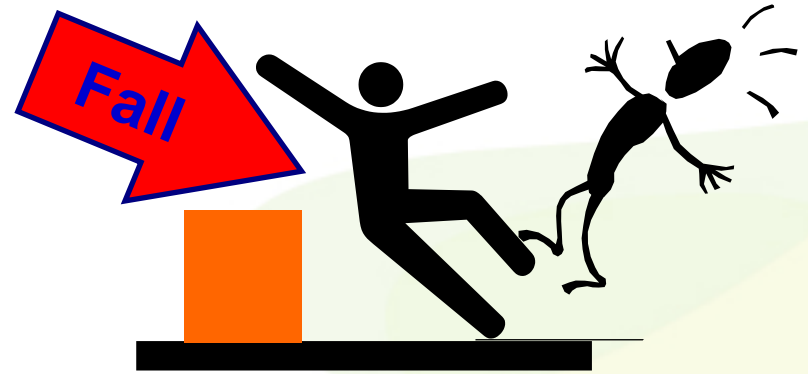
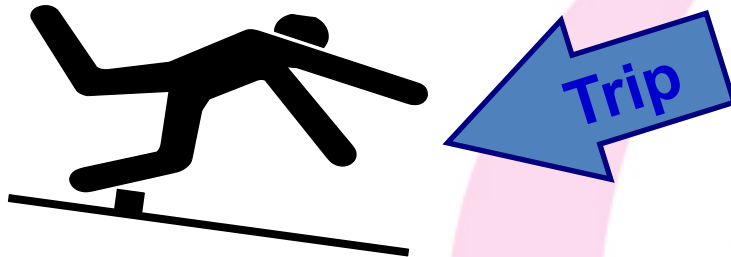
- Foreign substances
 - Poor lighting
 - Fog or mist
 - Missing signage
- 

Definition of FSTs

When there is too little friction or traction between your feet (footwear) and the walking or working surface and you lose your balance.

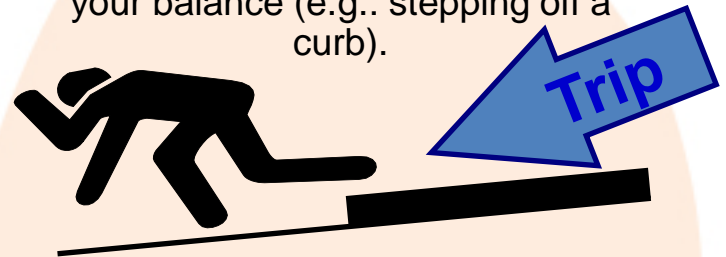


When your foot (or lower leg) hits an object and your upper body continues moving, throwing you off balance.



Occurs when you are too far off your center of balance.

When you step down unexpectedly to a lower surface (Misstep) and lose your balance (e.g.: stepping off a curb).



Definition of FST Friction: The resistance encountered when an object (foot) is moved in contact with another (ground). Friction is necessary in order to walk without slipping.

Two Types of Falls

Fall on the same level

When you fall to the surface you are walking or standing on, or fall into or against objects at or above the surface.

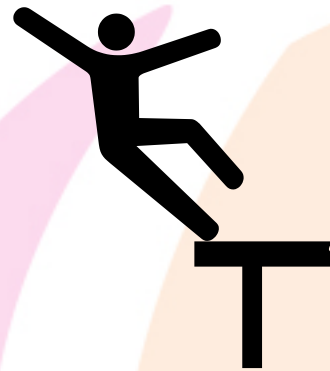


Fall to lower level

When you fall to a level below the one on which you are walking, working, or standing.

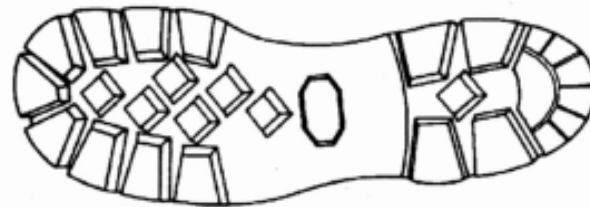
For example:

- Steps or stairs
- Ladder
- Platform
- Loading dock
- Truck bed



Coefficient of Friction (COF)

To prevent slips and falls, a high coefficient of friction (COF) between the shoe and walking surface is needed. On icy, wet, and oily surfaces, the COF can be as low as 0.10 with shoes that are not slip resistant. A COF of 0.40 to 0.50 or more is needed for excellent traction. To put these figures in perspective, a brushed concrete surface and a rubber heel will often show a COF greater than 1.0. Leather soles on a wet smooth surface, such as ceramic tile or ice, may have a COF as low as 0.10.



Shoes with soft rubber soles and heels with rubber cleats provide a high coefficient of friction (COF).

Can FSTs be prevented?

■ **YES!**

- We will discuss a few prevention strategies.
- Housekeeping, Footwear, and Maintenance are the main three issues to be addressed.
- **HOWEVER, THE BIG #4 IS INATTENTION!** Do not text while walking or on stairs. Look where you are walking. Use handrails while on stairs.
- We can prevent FSTs through Design, Inspection, Housekeeping, Fall Protection and Training.



Falls

Falls happen when your center of gravity is in an unsupported position.

- Use the right equipment for the job.
- Keep your arms and legs as close to your center of gravity as possible.
- Contributing factors include:
 - Lack of concentration
 - Being in a hurry
 - Complacency



Ramp with slip resistant coating

Design

Good design includes proper:

- Lighting
- Ventilation
- Containment
- Drainage
- Markings and labels



Workplace/Work Process Design

Use slip/skid-resistant matting



Skid-resistant, anti-fatigue mats in kitchen and food preparation areas. Worker is also wearing slip-resistant shoes.

Trips in Parking Lots and Garages

Unmarked elevation changes



Speed bumps



Curbs



Parking blocks marked?



Wheelchair accessible ramp

- **Speed bumps**
- **Curbs**
- **Wheelchair accessible ramps**
- **Driveways**
- **Potholes**
- **Are there designated walkways in the parking/campus areas? Use Them!!**

OTHER HAZARDS & YOUR ACTIONS?

- Do you secure loose rugs or mats?
- What is your course of action if you fall or trip (hopefully with no injury) on a sidewalk crack or sidewalk shift or settlement?
- How do you report a light out in a stairway area?
- How do you report or repair a loose handrail when found?



FOOTWEAR



Steel-toed safety boots with oil-resistant soles.

- Use good judgment with regard to footwear while on duty.
- Be certain footwear is in good condition and appropriate to your job function and outside weather conditions.
- Match the shoe to the hazards. Use steel toes and steel soles where necessary.

Footwear



Avoid taps on heels.



Avoid slick smooth-surfaced soles.



Avoid high heels.

Footwear that may not be suitable for the environment (reduced traction). Wear shoes with enough traction for the ground condition.

Two Penny Test: If the worn smooth area on your shoes exceeds two pennies, it is probably time to replace/repair them.



Causes of Trips

- Elevation changes of more than $\frac{1}{4}$ inch difference.
- “Penny test” - If the elevation change is more than five pennies, it is too much. Cracks in a floor, elevator doors, sidewalks, carpet tears – all can be a source of trouble.

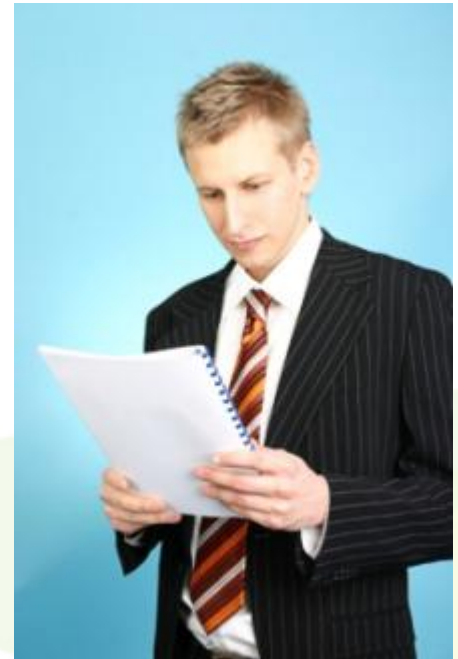


A penny is 0.0598 inches (1.52 mm) in thick x 5 = 0.299 inches

Inspection

Inspect work areas for:

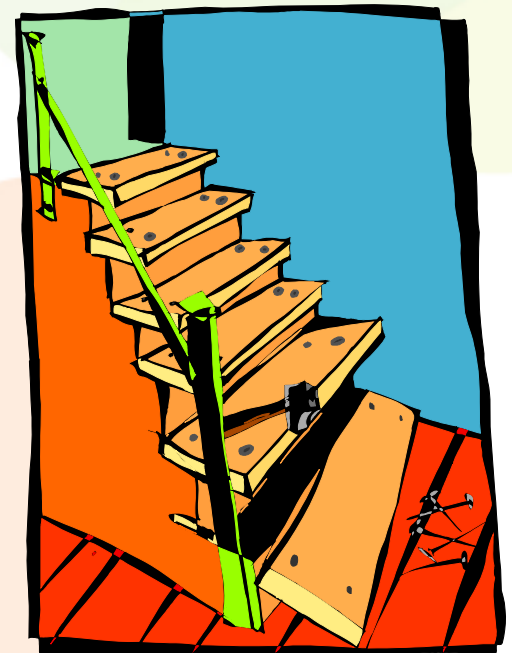
- Housekeeping issues
- Damaged equipment and structures
- Readiness to respond to spills



Note: DOAS can provide examples of Inspection Checklists.

Notify Supervisor

- Employees should immediately report all work related injuries to their supervisor.
- Report the unsafe conditions to the property management to get the problem fixed.
- Water leaks - What is your policy on how to handle the issue?
- **ALWAYS Think Prevention!**



Fall, Slip and Trip Hazard

PROBLEM



Slip: if it is wet outside and the mat is folded back, then the floor is getting wet instead of the mat absorbing the water.

Trip: the mat is folded back and someone could catch their foot on the mat and trip.

Fall: both a wet floor and caught foot could contribute to a fall.

FIX! Or Report this danger!

**What is your agency's Policy?
Does the mat need to be secured?**

Environment

Housekeeping is a major part of your “Work Environment”. Areas must be kept:

- Clean
- Orderly
- Sanitary

5-S Sort, Set in Order, Shine, Standardize, Sustain



Causes of Slips

- Loose, irregular surfaces, such as gravel
- Sloped or uneven terrain, sidewalks
- Muddy terrain
- Weather hazards: rain, sleet, ice, snow, hail, frost
- Leaves, pine needles, plant debris (especially if wet)



Causes of Slips

- Ramps and gang planks without skid/slip-resistant surfaces.
- Metal surfaces, such as duckboards and dock plates, platforms, construction plates or covers on sidewalks and roads.



Metal has a lower force of friction/traction and can be more slippery than many other materials. Metal surfaces can become smooth and slippery with wear, and are extremely slick when wet, muddy, or greasy.

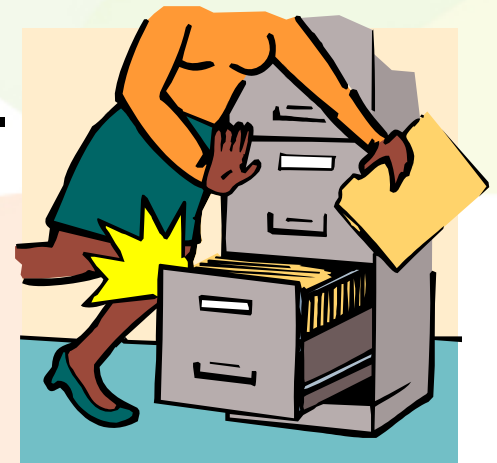
WHAT CAN YOU DO?



- If something is creating a potential fall, slip or trip hazard fix it (clean it up; move it).
- Place signs or barricades to warn others of the potential hazard. Do you have cones or signs available?
- If you cannot fix it, contact building management so that they are aware of the problem.
- Are floors on your safety checklist?
- **How do guests get the assistance they need?**

Housekeeping

- Close file cabinets or storage drawers.
- Cover cables that cross walkways, or move cables out of travel paths.
- Keep work areas and walkways well lit.
- Replace burned out bulbs.
- AVOID using improper cleaning methods (e.g.: incorrectly using wax or polish; or trying to clean up grease spills with water).



Housekeeping DON'Ts.....



- Propping fire doors open.
- Storing materials in stairwells.
- Storing trash cans in front of the doorway.
- Using cinderblocks to prop open the doors.

Do.....
Report these dangers!

Be in Charge of Your Maintenance

Be Aware of Your Surroundings

Agency maintenance personnel are cleaning on our premises.

A claimant slips and falls over the bucket they are using.

The bucket is in the middle of a walkway. The claimant sustains an injury.

Who pays? Are maintenance protocols documented? Followed?

Is the proper equipment provided? Signs/Warning Placards?



Behaviors



- Behaviors – actions you choose and control can contribute to a slip, trip, and fall injury if you set yourself up for one.
- Carrying or moving cumbersome objects, or too many objects that obstruct your view, impair your balance and prevent you from holding onto handrails.
- Inattentive Behavior: walking, distractions (e.g.: using cell phone, talking and not watching where you're going, etc.). Do we really have to respond to that text/call/email right now? Are we setting up an expectation of quick response?
- Taking shortcuts: not using walkways or designated cleared pathways, being in a hurry, rushing around.

SLIP Prevention

- Avoidance! Go around when possible! The few seconds you save will not make up for hours of recovery from a fall.
- Weather conditions may cause the floors to be wet. Use caution at building entrances, wet or icy parking lots and walkways.
- Watch where you are stepping and use caution on wet floors to avoid slipping. Wipe shoes thoroughly on rugs.
- Do you post signs on rainy day? Or during cleaning operations? Are pipes protected from freezing?



**AVOID THE RISK
IF AT ALL POSSIBLE!**

Preventing Falls

Examples of preventable falls:

- Don't stand on tables or file cabinets.
- Never, Ever, Ever stand in a swivel chair.
- Don't stand on furniture not intended for standing/climbing.
- Don't sit on banisters.
- Practice good judgment. Don't lean back in chairs.
- Pay close attention to sitting in chairs with wheels on them. Stabilize the chair while attempting to sit! Surprisingly we have 5–10 injuries a year from people that miss their chair.
- Report/repair uneven or wobbly furniture and handrails.
- Make sure you can see your path of travel.



Safety Reminders

Supervisors should stress these simple safety reminders:

- If you drop it, pick it up.
- If you spill it, wipe it up.
- Go where you are looking, and look where you are going.

PREVENT
SLIPS, TRIPS, AND FALLS

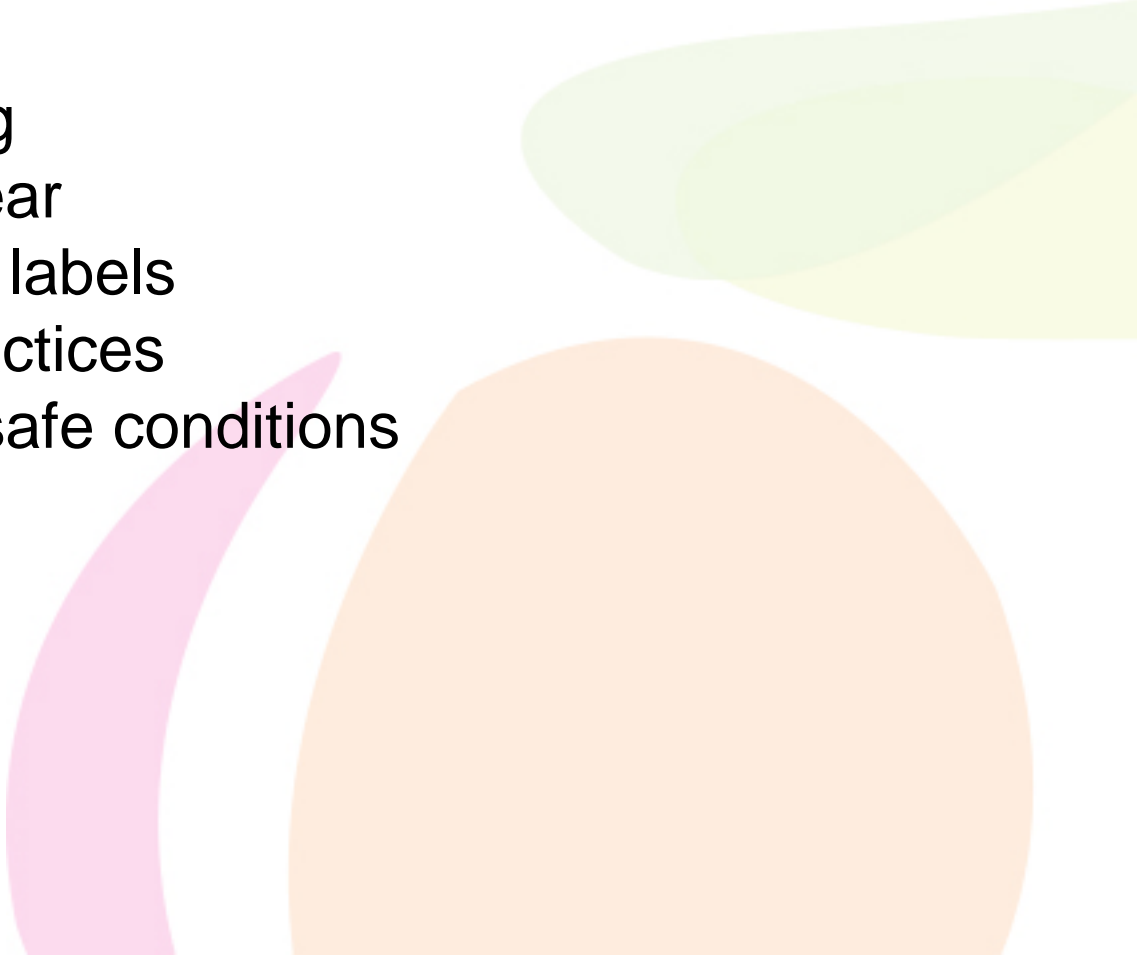


IF YOU NOTICE A HAZARD, **ACT.**

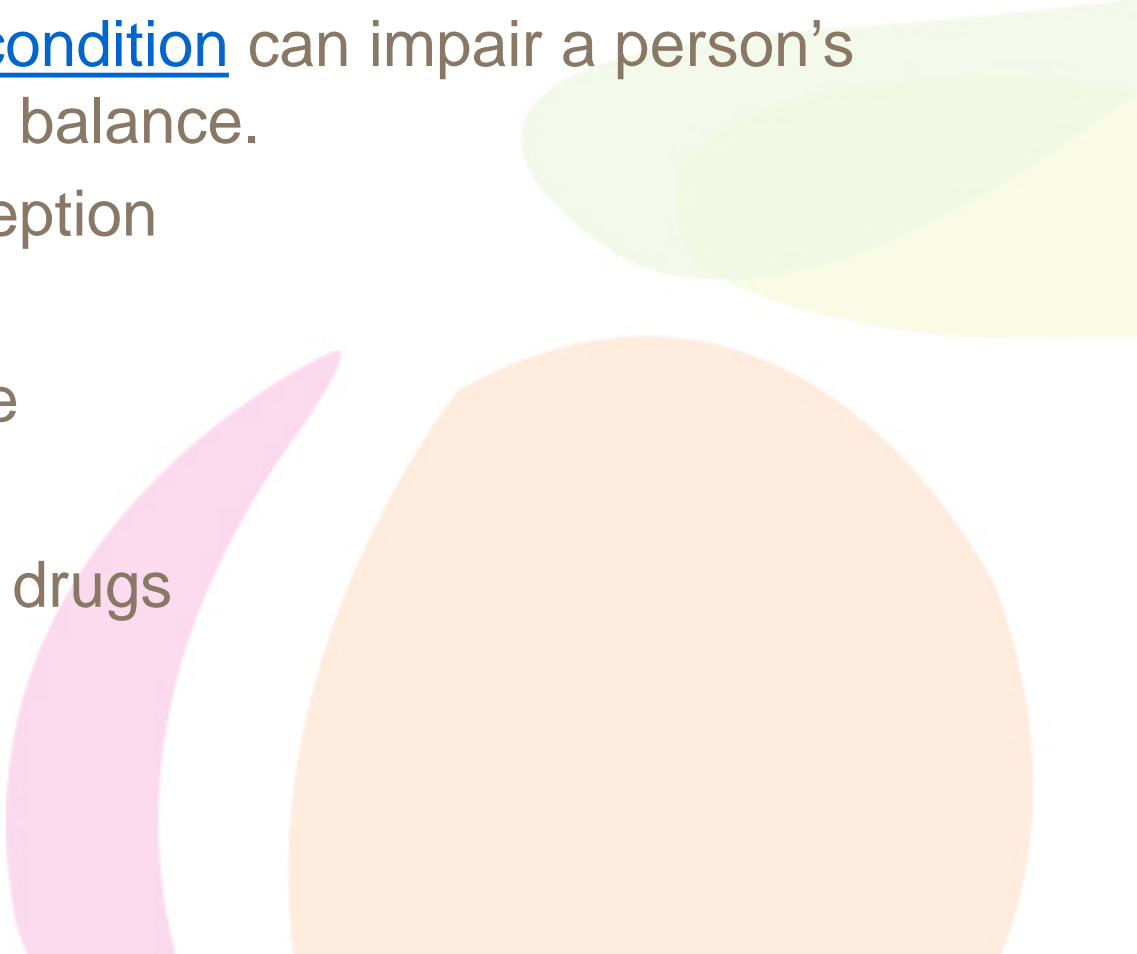
**Your mother does
not work here.**

Training

Employees should be trained on:

- Housekeeping
 - Proper footwear
 - Markings and labels
 - Safe work practices
 - Reporting unsafe conditions
- 

Other Factors

- Health and physical condition can impair a person's vision, judgment, and balance.
 - Eyesight, visual perception
 - Age
 - Physical state, fatigue
 - Stress, illness
 - Medications, alcohol, drugs
- 

YOUR ROLE in Prevention of FSTs

Make lifestyle decisions that include getting adequate rest, staying focused on your task and keeping stress under control.

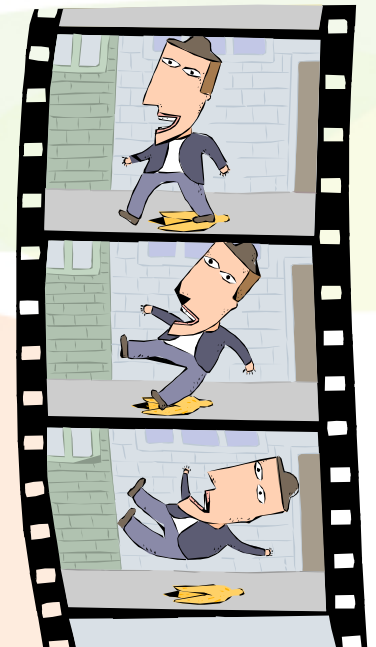
- Stay focused on your task at hand.
- Take short breaks to allow for refocusing.
- Rest your mind and body.
- Manage stress and fatigue.
- It is not always the other guy that gets injured. It could be YOU!



Falling Properly

If you do fall, you can reduce the chance of serious injury if you:

- Roll with the fall; don't reach out. Let your body crumple and roll.
- Bend your elbows and knees and use your legs and arms to absorb the fall.
- Get medical attention after a fall to treat anything torn, sprained, or broken.



Contact Information

Questions?

C. G. Lawrence, III, MS, CSP, REM, ARM-P

Chief Loss Control & Safety Officer

(404) 657-4457

Charles.Lawrence@doas.ga.gov

Hiram Lagroon, BS

Chief Loss Control & Safety Officer

(404) 463-6309

Hiram.Lagroon@doas.ga.gov