Slip, Trip and Fall Prevention

SONOMA COUNTY SHERIFF’S OFFICE
DETENTION DIVISION
Introduction:

Learning Objectives:

◦ Inform employees of the important role they play in preventing work related injuries.

◦ Address injury risks faced by employees of the Sonoma County Sheriff’s Office.

◦ Provide the necessary tools to control these risks.

◦ Inform managers, supervisors and employees of prevention strategies within the existing Injury and Illness Prevention Program.
What are the hazards?

**Slip**

**Slip:**
- Loss of balance caused by too little friction between a person’s foot and a walking surface.

**Common Causes:**
- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that are worn
What are the hazards?

Trip

Trip:
- Hit an object, lose your balance and fall.

Common Causes:
- Obstructed view
- Poor lighting
- Items in your way
- Loose carpeting
- Uncovered cables
- Drawers not being closed
- Uneven walking surfaces (Steps, thresholds)
What are the hazards?

Fall

Fall:
When you lose your balance & drop to the floor

There are three types of falls:

- Falls on the same level:
  - Slip or trip immediately precedes fall to floor or walkway

- Falls to lower level:
  - Falls are from platforms, docks, ladders, steps or stairs

- Jumps to lower level:
  - An intentional jump from one level to another
  - Employee jumps off ladder, dock, equipment
Prevention Strategies:

- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of work
## Prevention Strategies: Housekeeping

- Clean up spills immediately
- Mark spills and wet areas
- Mop or sweep debris from floor
- Remove obstacles from walkways
- Keep walkways free of clutter
- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas/walkways well lit
- Replace burned out bulbs
- Secure mats, rugs and carpets
Prevention Strategies: Flooring

Change or modify walking surfaces:

◦ Recoat or replace floors

◦ Install mats

◦ Pressure-sensitive abrasive strips

◦ Abrasive-filled paint-on coating

◦ Metal or synthetic decking
Prevention Strategies: Work Pace

What can **YOU** do to avoid slipping at work?

- Take your time
- Pay attention
- Adjust stride to the task
- Proper posture and gait
- Make wide turns at corners
Prevention Strategies: Work Area Hazard Awareness

What can YOU do to avoid tripping at work?

- Sufficient lighting
- Portable lighting (Flash light)
- Watch where you are walking (Looking for hazards)
- Carrying or pushing objects
- Obstructions, spills or objects lying on the floor (Mark spills or clean them up)
Prevention Strategies: Inclement Weather

- Slow down to react to a change in traction
- Wearing slip-resistant shoes or overshoes
- Wearing sunglasses
- Treat walking surfaces
- Wet shoes on dry floors – Caution!
Report Hazards Immediately

If you cannot fix the hazard yourself:

◦ Immediately report the hazard

◦ Alert or warn others in the area

◦ Mark the area or stay there until help arrives

◦ Hazards not fixed in a timely manner Contact a supervisor
Can you identify what is wrong in the following pictures?
Identify the Hazards 1:
Identify the Hazards 2:
Identify the Hazards 3:
Identify the Hazards 4:
Identify the Hazards 5:
Questions?

THANK YOU!