



SLIPS, TRIPS & FALLS



Company Name:

Job Name:

Date:

Key Points

1. **Slips, trips, and falls** are a leading cause of construction site injuries, often resulting in severe outcomes such as fractures or head trauma.
2. **Common hazards on construction sites** include wet surfaces, uneven terrain, and misplaced tools, all of which increase the risk of incidents.
3. **Poor housekeeping**, such as cluttered walkways and improperly stored materials, contributes to tripping hazards and obstructs safe movement.
4. **Inadequate safety measures**, like missing guardrails or improper use of ladders, heightens the risk of falls from heights.
5. **Wearing appropriate footwear** with slip-resistant soles is critical for maintaining stability on slippery or uneven surfaces.
6. **Seasonal conditions**, such as rain, ice, or mud, require additional precautions, including clearing walkways and applying traction aids.
7. **Ongoing safety training** and awareness programs for workers ensure proper identification and mitigation of slip, trip, and fall hazards.
8. **Regular inspections** of the worksite to identify and address hazards promptly are essential to maintaining a safe construction environment.

In the US over 45,000 individuals die each year due to falls.



Top 5 Fall injuries...

1. **Fractures:** Broken bones caused by falls from heights or tripping.
2. **Sprains and Strains:** Muscle or ligament injuries from sudden slips or twists.
3. **Head Injuries:** Concussions or trauma from impact during a fall.
4. **Back Injuries:** Spinal damage due to awkward landings or overexertion.
5. **Cuts and Bruises:** Surface injuries from contact with sharp or hard surfaces.



1. Am I mindful of my surroundings and potential hazards?
2. Am I keeping my workspace clean and organized?
3. Am I wearing appropriate footwear that provides good traction and support?
4. Do I pay attention to wet or slippery surfaces, uneven flooring, or obstacles in my path?

"Watch your step, avoid the slips, safety first prevents the trips!"

Summary

Slips, trips, and falls matter because they can cause injuries, accidents, and productivity loss. Taking precautions like maintaining a clean environment and using proper footwear helps prevent these incidents, ensuring a safe and efficient work environment.



The primary regulation for slips, trips, and falls in construction is 29 CFR 1926.501, the Duty to Have Fall Protection, which states:

"Each employee on a walking/working surface with an unprotected side or edge which is 6 feet or more above a lower level shall be protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems."

This regulation ensures that workers operating at heights are protected through appropriate systems and equipment. Additionally, OSHA mandates that employers conduct regular inspections to identify hazards, train workers on fall prevention, and maintain a safe working environment.





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ATTENDEES

Print Name:	Signature:

Additional Comments: