

## Description

Slips, trips and fall hazards are the most common accidents in the construction industry and something that no one is a stranger to. We've all hear horror stories of men falling from great heights to their death, but even small falls can cause life altering injuries.

## Dangers

- Sprains
- Strains
- Lacerations
- Fractures
- Puncture wounds
- Dislocations
- Herniated Discs
- Death

## Examples

Tripping (same level):

- Tripping over uneven grating, and hurting your hand stopping the fall
- Tripping over tools or materials left on the floor of the job site
- Tripping over a hose in a poorly illuminated area

Slipping (same level):

- Slipping on a wet floor caused by a leak and hurting your tail bone
- Slipping on equipment that rolls e.g. welding lead
- Slipping on icy roads/sidewalks
- Loose rugs on a wax floor

Elevation (different levels):

- Falling from an unmarked, unguarded edge
- Having wet limbs and slipping from a ladder
- Fall from improper PFAS use
- Unstable ladders ( top not secured, feet not prevented from slipping)

## Prevention

- Poor housekeeping is a major cause of slips, trips and falls, always maintain a clean job site
- Wear proper footwear, worn soles and heels can become a fall hazard. Slip resistant soles are recommended and may be necessary in areas prone to slips.
- Use ladders, scaffolds and man lifts only as they were intended to use
- Walk through jobsites with extreme awareness, paying attention to the floor to locate unmarked beams, tools, unguarded edges.
- Always wear PFAS in unprotected platforms greater than 4 feet
- Barricade holes, trenches, excavations, floor openings, etc. to prevent yourself or others from accidentally walking or falling into
- Use caution in blind spots and around heavy material moving equipment