



# SAFETY ADVISOR

JUNE 2024 – WEEK 4

## June is National Safety Month !

### Week 4 Focus: Slips, Trips and Falls (June 23 - 30)

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

This is our fourth and final Safety Advisor for the month of June. If you are new to reading the monthly Safety Advisor, we have published it each week of June to coincide with National Safety Month. This week's focus is slips, trips and falls. An area we featured late last year. But since it's a leading cause of injuries and fatalities in the workplace, it's worth having another look into the why and how these incidents continue to occur, and the methods of their prevention. Not surprisingly, you may find that many slip, trip, fall incidents may have been avoided by our planning ahead of our work, preparing according to outdoor lighting, ladder position, soil conditions, weather, and attentiveness to our work surroundings. All areas emphasized when analyzing repetitive incidents.

Week 1: Safety Engagement/CPR & AED

Week 2: Roadway Safety

Week 3: Risk Reduction

**Week 4: Slips, Trips and Falls (June 23-30)**

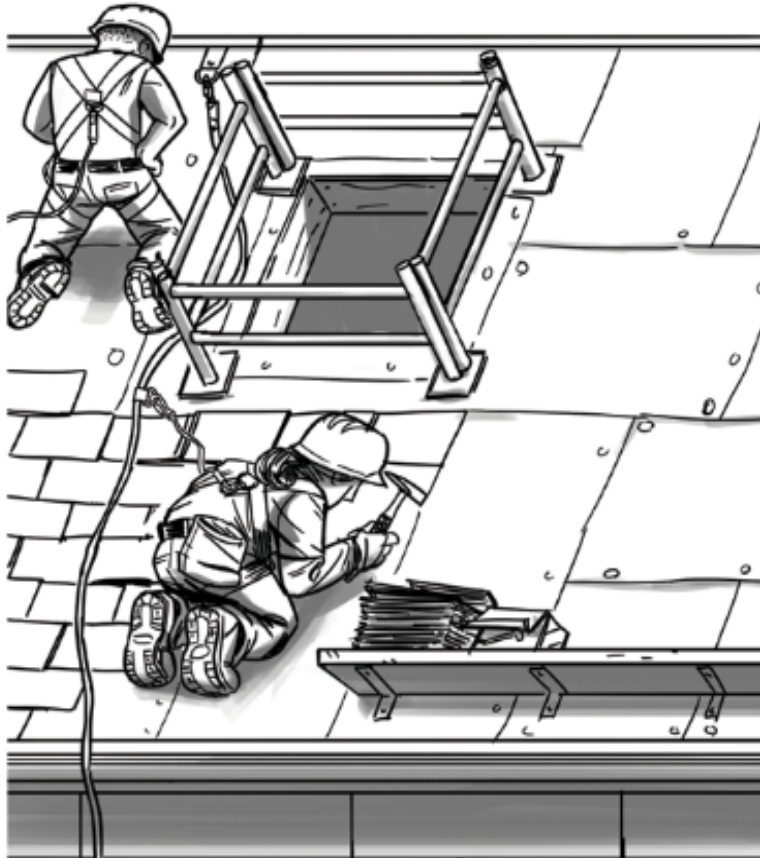


#### *In This Issue:*

- *Week 4 Focus: Slips, Trips and Falls*
- *Preventing Falls: Roofs, Ladder and Scaffolds*
- *Common Causes and Risk Factors*
- *Did You Know: Slips, Trips, Falls at FDOT*

## FALLS FROM ROOFS CAN BE PREVENTED!

- ✓ Wear a harness and always stay connected
- ✓ Make sure your harness fits
- ✓ Use guardrails or lifelines
- ✓ Inspect all fall protection equipment before use
- ✓ Guard or cover all holes, openings, and skylights



**PLAN** ahead to get the job done safely.  
**PROVIDE** the right roof equipment.  
**TRAIN** everyone to use the equipment safely.



**DON'T**  
disconnect from  
the lifeline



**DON'T**  
work around unprotected  
openings or skylights



**DON'T**  
use defective equipment



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## FALLS FROM LADDERS CAN BE PREVENTED!

- ✓ Choose the right ladder for the job
- ✓ Maintain three points of contact
- ✓ Secure the ladder
- ✓ Always face the ladder



**DON'T**  
overreach



**DON'T**  
stand on top or on the  
top step of a stepladder



**DON'T**  
place the ladder on  
uneven footing



**PLAN** ahead to get the job done safely.  
**PROVIDE** the right ladder and equipment.  
**TRAIN** everyone to use the equipment safely.

## FALLS FROM SCAFFOLDS CAN BE PREVENTED!

- ✓ Use fully planked scaffolds
- ✓ Ensure proper access to scaffold
- ✓ Plumb and level
- ✓ Complete ALL guardrails
- ✓ Ensure stable footing
- ✓ Inspect before use (by competent person)



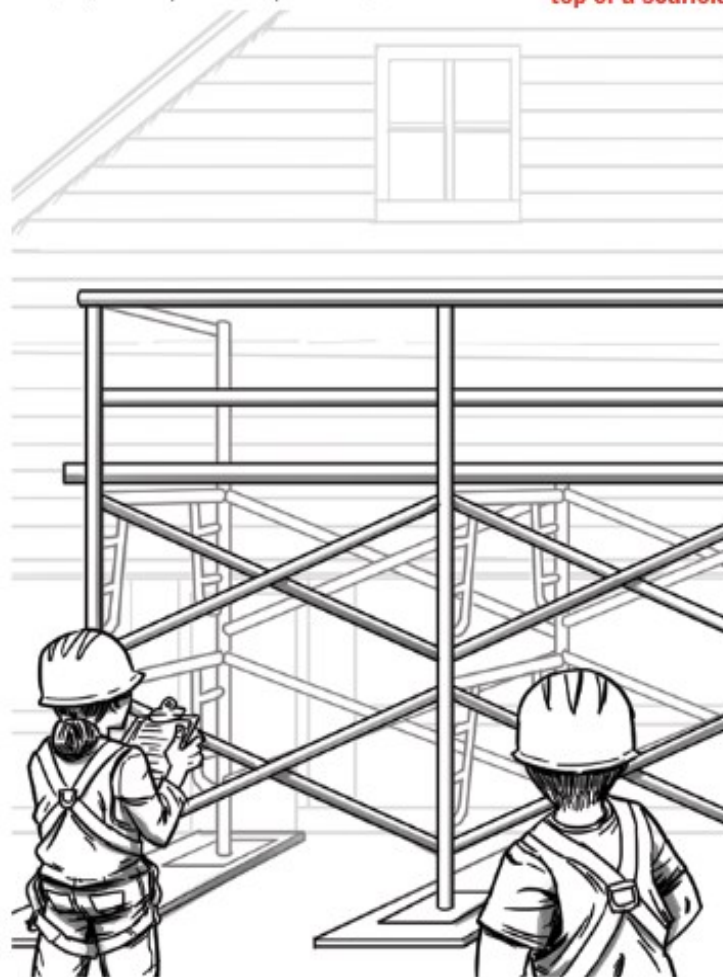
**DON'T**  
use a ladder on  
top of a scaffold



**DON'T**  
stand on guardrails



**DON'T**  
climb cross-braces



**PLAN** ahead to get the job done safely.  
**PROVIDE** the right scaffold and equipment.  
**TRAIN** everyone to use the equipment safely.

## Common Causes and Risk Factors

Slips, trips, and falls can happen due to many reasons—from uneven working surfaces to unsafe ladder positions. Knowing the causes can help employees assess risk factors and devise ways to prevent them. Here are the causes and risk factors for each:

### Slips

- Liquid spills (water, grease, oil, food, leaking plumbing)
- Dry product spills (powder, dust, granules)
- Weather hazards (rain, condensation)
- Concrete, ceramic tile, or marble floors
- Sloped or uneven walking surfaces
- Wet shoes
- Ramps or planks without skid or slip-resistant surfaces
- Climbing ladders



### Trips

- Clutter on the floor
- Obstructed view while carrying objects
- Poor lighting
- Uncovered cables, wires, hoses, and extension cords
- Open drawers, cabinets, doors, etc.
- Uneven walkways
- Unmarked steps or ramps
- Missing floor tiles and bricks



### Falls

- Weak or damaged ladders
- Ledges without proper railing
- Carrying heavy objects
- Failure to use guardrails on scaffolding
- Unprotected edges
- Unsafely positioned ladders
- Misused fall protection and height access equipment



### Eyes on Safety

- Visual watch for obstructions.
- Plan ahead for ladder use and type for the job.
- Communicate any unsafe conditions.
- Train staff on workplace conditions where there are risks.
- Avoid phone use while walking or carrying items.

## ***Did You Know? Slips, Trips and Falls, in the Workplace***

By Keith Myhre

Central Office, FDOT Occupational Safety and Health Programs

*Our FDOT Safety and Loss Prevention Manual provides safety information to all staff, in our multiple workplace areas. Nationwide, slips, trips and falls are all too common. It is a frequent injury source, occurring within the FDOT at a similar pace as with the rest of the nation. **We've had nearly 20 reported slip, trip and fall injuries since the beginning of the year!** Employee safety training which highlights the how, why, and prevention of slip, trip and falls, should be part of job-specific training and unit safety training, where there are noticeable trends, adverse terrain, equipment, or wet conditions which escalate the slip, trip and fall risks.*



The Safety Advisor is distributed electronically to all FDOT staff monthly to promote indoor and outdoor workplace safety and generate an overall awareness of safety in our lives. It is produced monthly by the State Safety Office in Tallahassee, Florida.

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See Department safety information at: <https://www.fdot.gov/safety>

*Anonymously report hazards in your workplace: (850) 414-5255*

