



S.A.F.E

Slips, Trips & Falls

In the US, 27% of all nonfatal workplace injuries¹

In the UK, 37% of all workplace injuries, 28% of workplace fatalities²

Leading Causes:

- Uneven floor surfaces
- Unsuitable floor coverings
- Wet/Slipper Floors
- Changes in Levels

With winter weather impacting people on a personal and professional level ensuring safety is critical. For the purposes of this document, the examples listed pertain to walking in winter weather.

1 <https://www.cdc.gov/niosh/injury/fastfacts.html>

2 [Http://www.slipstripsandfalls.org.uk/slip-trip-and-fall-statistics](http://www.slipstripsandfalls.org.uk/slip-trip-and-fall-statistics)

Summarize the critical steps

– the transitions from the stairs, the concrete to ice, and into the full ice parking lot. In summary, “What do you have to do today?”

Anticipate error traps

– Some common error traps in my walking are insufficient footwear, rushing or walking faster since it is cold and I am trying to get my work done before the storm comes, and the surfaces themselves. In summary, “Where could you make a mistake?”

Foresee the consequences

– these could be severe injury by slipping, tripping between surfaces. In summary, “What is the worse thing that could happen?”

Evaluate defenses

– My defenses start well before I ever do the work. If I am only looking at my footwear, I am not properly evaluating defenses. I put snow melt down before it snows and probably right after. Shoveling/plowing/throwing snow before regular use. Footwear needs to be rubber soles, warm, and yaktraks are a great option. In summary, “How will you prevent it?”



CHECKING

Self Checking

- Am I feeling well?
- Am I rushing?
- Have I checked my warm weather gear and my footwear?
- Have I thought about my next few steps prior to doing them?

Peer Checking

- Am I verbally checking in with a peer on the same job or worksite?
- Am I going to talk to a co-worker about making sure there is ice melt down in certain areas prior to walking?
- Am I asking them if there is any other type of PPE we need prior to starting the job?



DRIVING PERFORMANCE

www.lucasopt.com | 509.942.1080 | lucasopt@lucasinc.com



© 2021 Lucas OPT