

PLAYING IT **SAFE**

Be safe and healthy on the job at with these helpful tips provided by Cool Insuring Agency, Inc..

Beware Slip, Trip and Fall Hazards

Protect yourself on site with these easy precautions

Slips, trips and falls can cause serious pain: head injuries, back injuries, broken bones, sprains and strains to muscles. Trying to catch your balance when you slip or trip can cause sprains or strains to muscles and joints as well as permanent back injuries, even if you don't fall.

Easy Prevention

Although injuries resulting from slips, trips and falls are often easily preventable, they still happen. In fact, according to the Occupational Safety and Health Administration (OSHA), slips, trips and falls account for the majority of workplace accidents. There are many ways in which you can protect yourself against slips, trips and falls on the job site.

Tips to Avoid Slipping

Keep the following suggestions in mind to avoid these hazards while you are at work:

- Wear personal protective equipment (PPE) such as a hard hat, work gloves, safety shoes and eye protection.
- Be aware of slipping and falling hazards when working on raised platforms.
- Use guardrails and guards around work areas that are

prone to slips, trips and falls.

- Inspect and secure stairs and handrails to ensure their strength.
- Use ladders only in good repair that do not have missing rungs.
- Do not install stairs with missing or damaged steps.
- Keep walkways clean and free of debris or other tripping hazards.
- Keep all cords and hoses orderly and clear of walking spaces.
- Conduct a pre-job inspection to identify, and consequently eliminate or correct hazardous working conditions.
- Wear appropriate waterproof footwear to decrease your chance of slipping and falling.
- In wet weather, work under covered areas.

Be on the Lookout

If you notice any conditions on the job site that you think may present a slipping hazard, correct them immediately or let your supervisor know. Quickly resolving the problem could mean saving yourself or a co-worker from lost pay, injury or death.



A Serious Hazard

Slips, trips and falls are a major cause of accidental death in the U.S., second only to motor vehicle accidents, according to OSHA.

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