

Slip, Trip and Fall Prevention

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Falls are the leading contributor to serious injuries and deaths in the construction industry, account for one-third of all fatalities. From a serious fall off a roof, to small trips over extension cords, any tripping can cause injury, so it is very important to address them.

Safe Walking:

Lighting

- Make sure your path is bright and clear.
- Turn on the light before you enter a construction site. Don't walk in the dark.
- Replace burned-out bulbs or report them to your supervisor.
- Moving from darkness to light can temporarily blind you. Slow down until you can see where you're going.

Walkways and aisles

- Dispose of waste promptly.
- Stack materials neatly.
- Return equipment and tools to their proper places after use.

Stairs

- Don't run.
- Always use handrails.
- Take one step at a time.
- Use your tool belt or holder when carrying tools or materials.

Preventing Falls:

- Spot hazards in advance. Keep aisles, walkways, and stairs clear. Get rid of obstacles.
- Clean up spills immediately. Make sure everyone knows where spills occurred.
- Tell others about hazards. Repair them if you can; otherwise, report them.
- On scaffolds the guardrails and toe boards should be firmly attached.
- When using a step ladder, make sure it is suitable length and strength classification to support your weight.
- On stairs, don't run. Always use handrails.
- On icy or wet surfaces, use extra care. When possible, icy surfaces should have sand spread on it and liquids should be removed to avoid slips and falls.
- Avoid slippery spots. If you can't, slow down, stay steady, and look carefully where you put your feet.

Floor and Wall Openings:

- Stairways and floor to ceiling openings should have protective handrails and toe boards adequately supported and held in place.
- Always avoid stepping on loose plank or a piece of paper or cardboard lying on the floor. There may be an unprotected opening under it.
- When it is not possible to properly cover an opening in the floor, it should be barricaded on all sides.
- Don't throw anything out of open windows, off the roof, down floor or stairway openings.
- Every employee on the job should be warned about holes and their covers.
- Reminder: OSHA defines a hole as a gap or void two inches (5.1 cm) or more in its least dimension, in a floor, roof, or other walking/ working surface. Holes such as this must be covered at all times.