Beware of Slip, Trip and Fall Hazards

Protect yourself on-site with these easy precautions

Slips, trips and falls are a common occurrence in the construction industry and can cause serious pain in the form of head injuries, back injuries, broken bones, sprains and strains to muscles. Even trying to catch your balance when you slip or trip can cause injuries, regardless of whether or not you actually fall.

Easy Prevention

Although injuries resulting from slips, trips and falls are often easily preventable, they still happen. In fact, slips, trips and falls account for the majority of workplace accidents at construction sites. There are many ways in which you can protect yourself against slips, trips and falls on the job.

Tips to Avoid Slipping

Keep the following suggestions in mind to avoid these hazards 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 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 construction site that you think may present a slipping hazard, correct them immediately or let your supervisor know. Resolving the problem in a timely manner could mean saving yourself or a co-worker from lost pay, injury or death.