



USAFE₂
EH&S EXCELLENCE

SAFE PASSAGE

Preventing Slips, Trips,
and Falls in Facility
Services

ebook



Preventing Slips, Trips, and Falls

Slips, trips, and falls cause nearly 700 fatalities per year and many more injuries in the workplace

- Bureau of Labor Statistics



"When it comes to preventing slips, trips, and falls, applying human behavior psychology is just as important as keeping walkways free of hazards."

- Adam Rabesa, Director, Environmental, Health & Safety



Falls are one of the leading causes of unintentional injuries in the U.S., accounting for 8.9 million visits to the emergency department.

-National Safety Council



Take Safety to New Heights

LADDERS and STEP STOOLS

Invest in the right ladders and step stools. Teach employees in their proper use, and make sure they are readily available throughout a facility.

4 to 1 Rule

The base of a ladder should be placed 1 foot away from the building for every 4 feet of height to where the ladder rests against the building.



Ladders and Step Stool Safety

- ❑ Before using any ladder or stepladder, make sure it opens fully.
- ❑ Check that ladder extensions are fully locked and that the ladder legs are stable on a flat, non-slippery surface.
- ❑ Clean off any dust, grease or slippery material on the rungs, steps, or feet of a ladder before and after every use.
- ❑ Check ladders and scaffolds for cracks, debris, spills, and sharp edges.
- ❑ Know a ladder's load limit and never exceed it.
- ❑ Conduct annual assessments and inventory of all ladders at your site.
- ❑ Use extension and telescopic tools when applicable to eliminate the use of ladders.

TOP Occupational Fatalities & Injuries



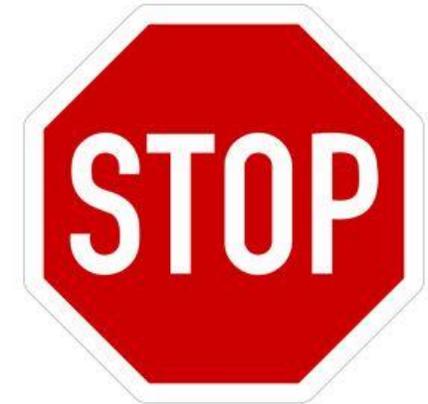
Falls from portable ladders (step, straight, combination, & extension) are one of the leading causes of occupational fatalities and injuries. (CDC)

Safety Strategies for Prevention

STOP and THINK

Lifting and moving large, heavy or awkward items requires that you pause, get a dolly or recruit a partner, and make a plan.

- ❑ Keep dollies readily available.
- ❑ Arm every employee with a radio to request a buddy.
- ❑ Review your route before lifting the load.



MAP IT OUT

Safety strategies can be derailed if tenants, visitors, or employees end up in unfamiliar territory.

- ❑ Use color-coding on curbs and ramps.
- ❑ Utilize wayfinding markings to prevent confusion and wrong turns.
- ❑ Use clear signage in multiple languages with visual cues in problem areas.
- ❑ Communicate with tenants in advance of conducting any work that may impact their environment.



Safety Strategies for Prevention

STOP the CELL PHONE MADNESS

Injuries are on the rise from cellphone distraction, and employers and facilities must take formal action to address the issue.

- ❑ Restrict employee cellphone use when actively working/walking with no music or video playing on devices while working and no earbuds. Employees need to be alert to their surroundings.
- ❑ Post signs and reminders about limiting cell phone use.
- ❑ Encourage employees to remind people not to walk and text.

Emergency departments had an estimated

76,043

visits



from patients injured due to
cellphone distraction
— for head & neck injuries alone —
in a recent 20-year span.

Safety Strategies for Prevention

KEEP IT LIGHT

Installing and maintaining lighting systems is a crucial aspect of safety planning that is easily overlooked, especially in work areas that aren't frequented by guests and visitors.

- ❑ Ensure adequate lighting throughout the property, including in storage areas.
- ❑ Report and replace dimmed or missing bulbs promptly.
- ❑ Make sure motion sensors are pointed correctly and turn on instantly.



Safety Strategies for Prevention

FLOOR IT

Wet or worn flooring, loose rugs, spills and even dust contribute to countless accidents every year.

- Use slip-resistant flooring.
- Run entrance mats all the way to your elevators.
- Use manufacturer-recommended floor cleaners.
- Keep degreasers on hand.
- Maintain flooring with regular spot checks.
- Watch for dust.
- Ensure adequate drainage.
- Install slip-resistant grates.
- Provide umbrella bags at every entrance and have staff encourage their use.
- Identify elevation changes with adequate signage and reflective tape.



Safety Strategies for Prevention

INSTITUTIONALIZE IT

To be effective, safety practices and protocols must be deeply engrained in all processes.

- ❑ Document and report every incident.
- ❑ Investigate accidents, report findings, and course-correct.
- ❑ Hold regular employee training on applicable risks to each task.
- ❑ Specify a schedule of sidewalk checks that kicks up with inclement weather.
- ❑ Conduct and document scheduled safety walk-throughs.
- ❑ Train staff on job safety analysis and hazard recognition.
- ❑ Maintain sufficient levels of staffing.
- ❑ Advise employees on appropriate footwear.



Changing someone's daily habits is an extremely challenging task, making it crucial to implement requirements and processes that enforce specific behaviors and minimize risk.



- Adam Rabesa
Director, Environmental Health & Safety

Safety Strategies for Prevention

RUN the RAILS

Railings on stairwells and overhangs are essential and must be kept clean and secure.

- ❑ Double up on handrails for wider stairwells.
- ❑ Keep them spotless so people aren't unwilling to use them.
- ❑ Check and secure railings on a documented schedule.
- ❑ Provide hand sanitization at each stairwell entry/exit point.

CUT the CORD

Even the smallest wires and cords are an outsized problem when it comes to tripping hazards.

- ❑ Add outlets.
- ❑ Utilize wireless systems.
- ❑ Manage cables with non-trip sleeves.



Safety Strategies for Prevention

EMPLOY SPACE-SPECIFIC SAFETY MEASURES

Tailoring safety to the space is essential—and bringing in an expert for a safety audit can help make your plan more secure.

- ❑ Install restroom grab bars.
- ❑ Improve accessibility in supply areas to avoid reaching/overextending.
- ❑ Ensure adequate headroom in all passageways.
- ❑ Avoid swinging doors at top and bottom of stairwells.
- ❑ Test emergency shutoff buttons and sensors on escalators.
- ❑ Keep trash emptied to avoid scattered debris.
- ❑ Dispose of oil-based products properly.
- ❑ Pay attention to drawers and doors that don't close securely.



Safety Strategies for Safe Passage

Make safety a priority and integrate these strategies into your regular routines to preventing slips, trips and falls.



QUESTIONS?

Contact safety@ug2.com

