

# TOOL BOX TALKS

## Groundskeeping

### Healthcare Slip, Trip, and Fall Prevention



*A maintenance employee suffered a knee cartilage tear injury after jumping from the back of a pickup.*

#### Tool Box Tips

1. Report any injuries, damage to equipment or hazardous conditions in writing to your supervisor by the end of your work shift.
2. Pay attention to your walking paths. Grounds keeping and maintenance personnel must walk and work on many types of uneven surfaces that are deteriorating and slippery.
3. Wear seat belts whenever operating or riding in vehicles, UTVs, mowers or tractors with roll over protection.
4. Do not ride in the back of pickup trucks or trailers and avoid jumping from trucks or machines.
5. Prevent shoulder strains and ankle injuries by using three-point contact when getting in or out of any tractors, mowers, UTVs or trucks.
6. Select the correct ladder for the job and follow the usage instructions. When doing work on elevated surfaces, make sure the ladder is tall enough to reach the work.
7. Make sure bleachers, scoreboards and shop mezzanines are equipped with proper guardrails to prevent falls.
8. Stay alert when mowing or trimming along ditch lines, runoff areas or road embankments.
9. Make sure work areas, pathways and sidewalks are routinely treated with ice melt during winter precipitation.
10. Prevent puncture wounds and crushed toes by wearing closed-toe footwear during maintenance activities.
11. Wear slip-on ice cleats when performing any snow or ice removal operations.
12. Always wear eye protection when operating any tools or equipment that can produce flying objects.
13. Use hearing protection when loud tools or processes are near.

**Use the  
right ladder  
for the job—every  
time.**

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*

#### For more information:



[www.worksafecenter.com](http://www.worksafecenter.com)



1.888.499.SAFE (7233)

Missouri Employers Mutual

**Work SAFE**