

TOOL BOX TALKS

Trip Prevention

Slips, trips and associated falls are a top cause of injuries and workers compensation claims each year. Of all workers compensation claims in the United States, 12-15 percent are due to slips and trips. The body's need for balance causes sudden muscle contraction resulting in strains and sprains. A fall can cause painful fractures and even head or brain injuries. Every organization has the risk for one of these costly and painful injuries. Set aside time to review this document with all of your employees.

WORKSAFE TIPS

WHAT ARE TRIPS?

- The foot strikes near a ground obstacle that stops the movement of the foot, when the body's center of gravity is in motion.
- Body weight is thrown forward.
- The body's center of gravity swings out of the body's support base.
- The person usually falls forward

WHAT INJURIES RESULT FROM A FORWARD FALL?

- Injuries to the palms and wrists
- Forearm injuries and fractures
- Knee injuries
- Head injury, facial fractures

THE BREAKDOWN OF THE TRIP

- Rough surface
- Very high surface texture
- Too much friction
- Transitions in height

A level change of ¼ inch is a trip hazard.

ROUTINELY INSPECT WORK AREAS TO DISCOVER AND REMOVE TRIP HAZARDS.

EVERYONE IN THE ORGANIZATION IS RESPONSIBLE FOR REPORTING AND REMOVING OF TRIP HAZARDS.

WHAT MUST BE DONE?

- Inspect floor surfaces often for objects that can trip workers.
- Look for scrap, paper, cardboard, strapping.
- Remove any waste that can cause trips.
- Report any protrusions in floors that can cause trips.
- Remove empty pallets – they are a trip hazard.
- Survey storage areas for boxes or pallets that can cause trips.





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.

888.499.SAFE (7233)