



## Slip and Fall Injuries

- **FOCUS** on changing the behaviors and bad habits that are conducive or can lead to slip and fall injuries.
- There are two basic types of falls; elevated falls and same-level falls. Same level falls occur most often with lower back sprain and/or strain and hamstring strain. But elevated falls are typically more severe, resulting in fractures/broken bones and occasionally death.
- **Fall hazards** = hidden steps, smooth surfaces, wet floors, loose or irregular surfaces, oil, and grease. Other hazards to be considered include icy stairs, obstructed aisles, improper footwear, moving too fast, and poor lighting.
- In addition to wearing the wrong footwear, there are specific behaviors that can lead to slips, trips and falls. Walking too fast or running can cause major problems and rapid changes in direction create a similar problem.
- Other problems = distractions; not watching where one is going; in a hurry; carrying materials/product (totes) which obstruct view; wearing sunglasses in low-light areas. These and other behaviors, caused by lack of knowledge, impatience, or bad habits developed from past experiences, can lead to falls, injuries, or even death.
- **Prevention** = Paying attention to the task at hand, good housekeeping/keeping work area free of debris AND wearing the proper footwear. Wearing the wrong footwear can compound the hazards of a slick surface such as icy tractor steps.
- **ANTICIPATE and ADJUST** the mindset away from “I have to do whatever it takes to get the job done and on-time” to “I’m going to get the job done SAFELY”.
- **CORRECT** – think “CPC” **Commitment, Protect and Control**. To correct bad or risky behaviors, all employees must make the COMMITMENT to be responsible for their own personal safety. They can take steps to PROTECT themselves and their co-workers and singly have the CONTROL to do so. Don’t look at it as “I’ll stop getting hurt when they start loading trailers correctly”. Assess the situation and take steps to protect yourself.
- **TALK** – Always review near misses and discuss and review actual injuries. Point out defects at store locations to alert other drivers.