

## TOOLBOX TALK #36

### WATCH WHERE YOU'RE GOING

Slips, trips and falls are no laughing matter. In fact, they can be deadly. According to a recent poll with the National Safety Council (NSC), 660 workers died, in a one-year span, after a fall from height, and 138 workers died from a fall on the same level. Slip, trip and fall hazards may be easy to overlook, especially when you're working in familiar surroundings and conditions. It's important to stay vigilant.



#### **Falls on the same level**

If you see a slip, trip or fall hazard, don't assume someone else will deal with it. You can be the catalyst to make these things happen. You just need to keep your eyes open, think about the bigger picture and let someone know about your concerns.

To prevent falls on the same level, watch where you're going and don't walk too fast. Avoid distractions such as talking on a cell phone while walking, wear shoes that are appropriate for the job, and be alert for changes in elevation as you walk. Additionally, clean up spills as soon as you see them and, if working outside, pay attention to weather conditions.

#### **Falls from height**

Falls from height are often deadlier than falls on the same level. One industry where fall-related deaths are common is construction. According to OSHA, of the 991 construction fatalities recorded in 2016, 370 were a result of a fall to a lower level. NSC recommends the following for anyone working at height:

- Conduct a job hazard analysis (JHA) and have a fall protection plan in place before starting a job.
- Wear – and know how to use – proper fall protection equipment.
- Ensure necessary fall prevention systems such as guardrails are in place.
- When using a ladder, ensure the base is on a firm, solid surface, and maintain three points of contact with the ladder. Never use a ladder during windy or inclement weather.