

PLAYING IT **SAFE**

Be safe and healthy on the job with these helpful tips provided by
Crendon Insurance Brokers Ltd

Beware Slip, Trip and Fall Hazards

Protect yourself on site with these easy precautions

Slips, trips and falls can cause serious pain: head injuries, back injuries, broken bones, sprains and strains to muscles. Trying to catch your balance when you slip or trip can cause sprains or strains to muscles and joints as well as permanent back injuries—even if you don't fall.

Easy Prevention

Although injuries resulting from slips, trips and falls are often easily preventable, they still happen. Thankfully, there are many ways in which you can protect yourself against slips, trips and falls on the job site.

Tips to Avoid Slipping

Keep the following suggestions in mind to avoid these hazards while you are at work:

- Wear personal protective equipment (PPE) such as a hard hat, work gloves, safety footwear and eye protection.
- Be aware of slipping and falling hazards when working on raised platforms.
- Use guardrails and guards around work areas that are prone to slips, trips and falls.

- Inspect and secure stairs and handrails to ensure their strength.
- Ensure ladders are in good repair and do not have missing rungs.
- Do not install stairs with missing or damaged steps.
- Keep passageways clean and free of debris or other tripping hazards.
- Keep all cables and hoses orderly and clear of walking spaces.
- Conduct a pre-job inspection to identify, and consequently eliminate or correct hazardous working conditions.
- Wear appropriate waterproof footwear to decrease your chance of slipping and falling.
- In wet weather, work under covered areas.

Be on the Lookout

If you notice any conditions on the job site that you think may present a slipping hazard, correct them immediately or let your supervisor know. Quickly resolving the problem could mean saving yourself or a co-worker from lost pay, injury or death.



A Serious Hazard

Trying to catch your balance when you slip or trip can cause sprains or strains to muscles and joints as well as permanent back injuries—even if you don't fall.

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