

SLIPS AND FALLS

RECOGNIZE THE HAZARDS

ENVIRONMENT/EQUIPMENT

- Contaminants on the floor
 - Snow and ice in the parking lot
 - Water in the bathroom
 - Spilled drink in the break room
 - Oil on the shop floor
 - Polished or waxed floors
 - Dust on the loading dock floor
- Floor irregularities
 - Buckled carpets and mats
 - Uneven floors, like steps or stairwells
 - Floor openings, like service pits or loading docks
 - Sloped ramps
 - Broken sidewalks or potholes
- Low-lit areas that reduce visibility
 - Service pits
 - Areas around the truck at night
 - Tractor steps worn or covered with ice, snow, or mud

PERSONAL BEHAVIORS

- Failing to use three-points of contact climbing in or out of the cab or trailer
- Wearing improper footwear
 - Cowboy boots, flip flops, sandals, etc.
- Hurrying
- Distracted walking
 - Talking on a cell phone
 - Conversing with another person
 - Eating or drinking

KNOW THE DEFENSE

ESSENTIAL 7 DRIVING TECHNIQUES

- Be attentive to surroundings
 - Scan for hazards ahead
- Avoid distractions
 - Do not talk or text on a cell phone when walking
 - Avoid watching videos on mobile devices when walking
 - Check messages and status updates when standing still or sitting
 - Keep eyes focused on the path ahead when walking and conversing with others
- Practice good housekeeping
 - Clean up spills on the floor
 - Pick up objects that others could slip on
 - Sweep floors to remove dust and dirt
- Communicate hazards immediately
 - If a hazard cannot be removed by yourself, ask for help
 - Never leave a hazard for someone else to slip on
- Follow established safety procedures
 - Utilize three-points of contact when climbing on/off equipment or ladders
 - Two hands and one foot or one hand and both feet while facing the vehicle
 - Walk, do not run or hurry
 - Take shorter steps for stability
 - Keep hands free of objects for balance
- Utilize personal protective equipment (PPE)
 - Wear shoes with slip-resistant soles
 - Use a flashlight in low-lit areas