

SMART DRIVER[®]

January 2022

TIPS FOR PREVENTING SLIPS, TRIPS AND FALLS

Slips, trips, and falls are leading causes of workplace injuries. No matter where you are, hazards may be present that put you at risk of losing traction and slipping, tripping over an object, or falling from an elevated position. Read the information below, and ask yourself if there are actions you can take to protect yourself from a slip, trip, or fall.

RECOGNIZE THE HAZARDS

ENVIRONMENT

Slip hazards can include wet or dry contaminants on the floor such as water, dirt, or oil. Trip hazards can include open file drawers, boxes on a stairwell, or trash left on the floor. Falling from an elevated position can include into an open service pit, from a loading dock, tractor steps, or off a ladder.

EQUIPMENT

Slips, trips, and falls can occur when using equipment improperly. Slipping on a mechanic's roller seat in the shop, tripping over an extension cord, or falling off a ladder with a damaged rung are common hazards.

PERSONAL BEHAVIORS

Talking or texting on a device, talking to a coworker, or eating and drinking while walking, all divert your attention away from where you step and potential hazards in your path. Ignoring hazard signs and wearing improper footwear are other risky behaviors.

KNOW THE DEFENSE

AVOID DISTRACTED WALKING

Keep your attention focused on the task at hand and put away mobile devices, food, and drinks until you arrive at your destination. If a co-worker needs to talk, stop and have the conversation or table it until later.

SLOW DOWN

Hurrying is a common factor in slips, trips, and falls. Slow down and take shorter steps to ensure your feet keep their grip on the walking surface. Be cautious when working from elevated positions. Always maintain three points of contact (two hands/one foot or two feet/one hand) with a ladder, tractor steps, etc.

WEAR PROPER FOOTWEAR

The soles of your footwear act in very similar ways as the tires on your vehicle. Footwear with slippery soles can cause you to slip like bald tires can cause hydroplaning. To prevent slips and falls, wear footwear with slip-resistant soles that are appropriate to the task and environment in which you will be working.

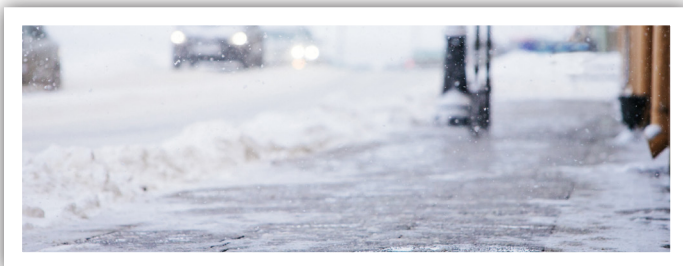
PAY ATTENTION TO YOUR SURROUNDINGS

Be mindful of trip and fall hazards like an open service pit or loading dock, equipment lying around, or hazards in walkways. Likewise, watch out for contaminants on the floor like a spilled drink in the break room, water on the restroom floor, or a freshly waxed floor.

OBEY HAZARD WARNING SIGNS

Do not ignore hazard warning signs. These signs are used to protect you and others from harm. Make a wise decision and find a path around the hazard area as instructed.

Note: These lists are not intended to be all-inclusive.



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Knowledge Verification

Driver's Name: _____

Driver's Signature: _____

Date: _____

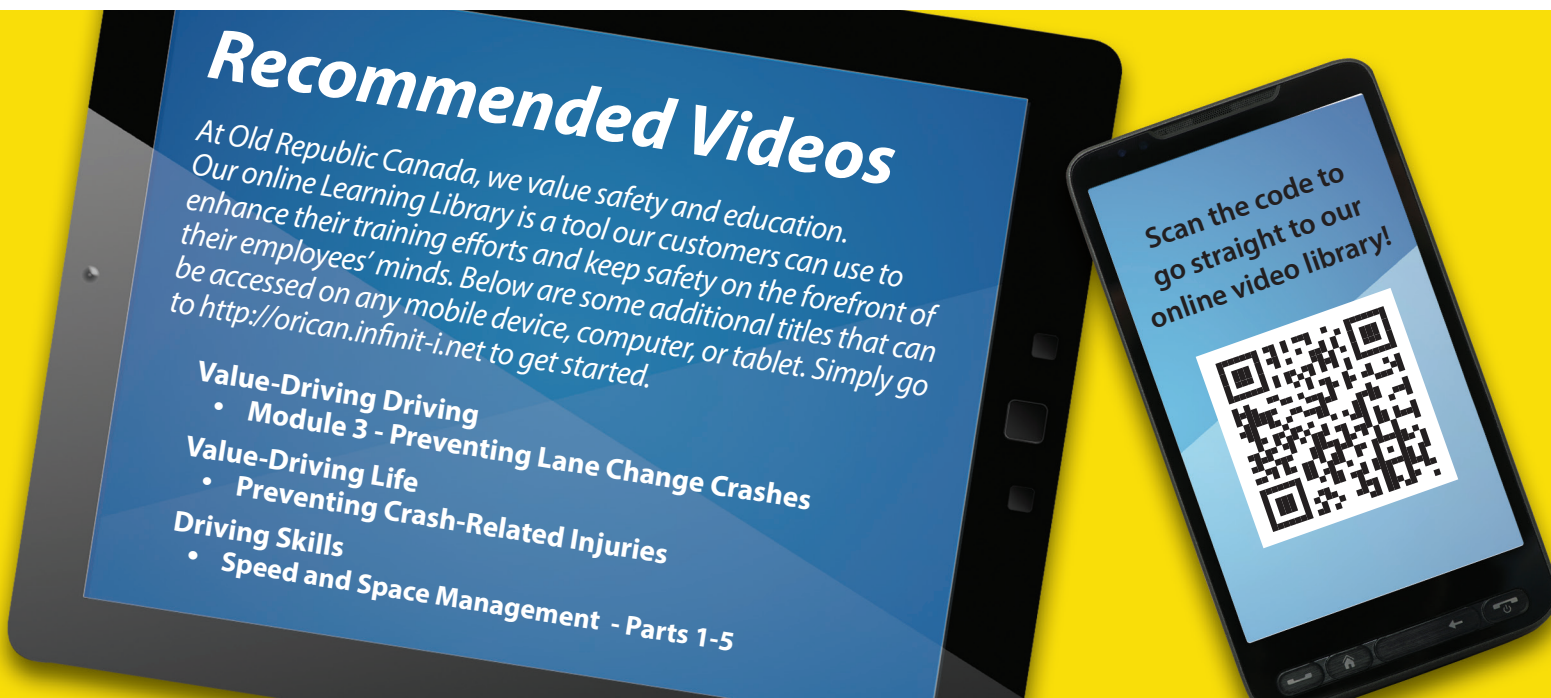
Witness Name: _____

Please answer, and forward a completed copy to your Safety Department/Safety Representative.

1. You should avoid talking and texting while walking.
2. Always maintain three points of contact when getting in or out of a truck.
3. Walking around hazard warning signs is ok when you are in a hurry.

- | | |
|-------------------------------|--------------------------------|
| <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input type="checkbox"/> True | <input type="checkbox"/> False |

Answers:
1. True
2. True
3. False



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