



Slip, Trip and Fall Prevention

SONOMA COUNTY SHERIFF'S OFFICE
DETENTION DIVISION



Introduction:

Learning Objectives:

- Inform employees of the important role they play in preventing work related injuries.
- Address injury risks faced by employees of the Sonoma County Sheriff's Office.
- Provide the necessary tools to control these risks.
- Inform managers, supervisors and employees of prevention strategies within the existing Injury and Illness Prevention Program.

What are the hazards?

Slip

Slip:

- Loss of balance caused by too little friction between a person's foot and a walking surface.

Common Causes:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that are worn

What are the hazards? Trip

Trip:

- Hit an object, lose your balance and fall.

Common Causes:

- Obstructed view
- Poor lighting
- Items in your way
- Loose carpeting
- Uncovered cables
- Drawers not being closed
- Uneven walking surfaces (Steps, thresholds)

What are the hazards?

Fall

Fall:

When you lose your balance & drop to the floor

There are three types of falls:

- Falls on the same level:
 - Slip or trip immediately precedes fall to floor or walkway
- Falls to lower level:
 - Falls are from platforms, docks, ladders, steps or stairs
- Jumps to lower level:
 - An intentional jump from one level to another
 - Employee jumps off ladder, dock, equipment

Prevention Strategies:

- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of work

Prevention Strategies: Housekeeping

- Clean up spills immediately
- Mark spills and wet areas
- Mop or sweep debris from floor
- Remove obstacles from walkways
- Keep walkways free of clutter
- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas/walkways well lit
- Replace burned out bulbs
- Secure mats, rugs and carpets

Prevention Strategies: Flooring

Change or modify walking surfaces:

- Recoat or replace floors
- Install mats
- Pressure-sensitive abrasive strips
- Abrasive-filled paint-on coating
- Metal or synthetic decking

Prevention Strategies: Work Pace

What can YOU do to avoid slipping at work?

- Take your time
- Pay attention
- Adjust stride to the task
- Proper posture and gait
- Make wide turns at corners

Prevention Strategies: Work Area Hazard Awareness

What can **YOU** do to avoid tripping at work?

- Sufficient lighting
- Portable lighting (Flash light)
- Watch where you are walking (Looking for hazards)
- Carrying or pushing objects
- Obstructions, spills or objects lying on the floor (Mark spills or clean them up)

Prevention Strategies: Inclement Weather

- Slow down to react to a change in traction
- Wearing slip-resistant shoes or overshoes
- Wearing sunglasses
- Treat walking surfaces
- Wet shoes on dry floors – Caution !

Report Hazards Immediately

If you cannot fix the hazard yourself:

- Immediately report the hazard
- Alert or warn others in the area
- Mark the area or stay there until help arrives
- Hazards not fixed in a timely manner Contact a supervisor

Can you identify what is wrong in the following pictures?

Identify the Hazards 1:



Identify the Hazards 2:



Identify the Hazards 3:



Identify the Hazards 4:



Identify the Hazards 5:





Questions?

THANK YOU!

