

OFFICE SAFETY SLIPS/TRIPS/FALLS

This material was produced from a number of sources. It is not intended to cover every slip/trip/fall situation.

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Health

Management



Safety

Employees

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.

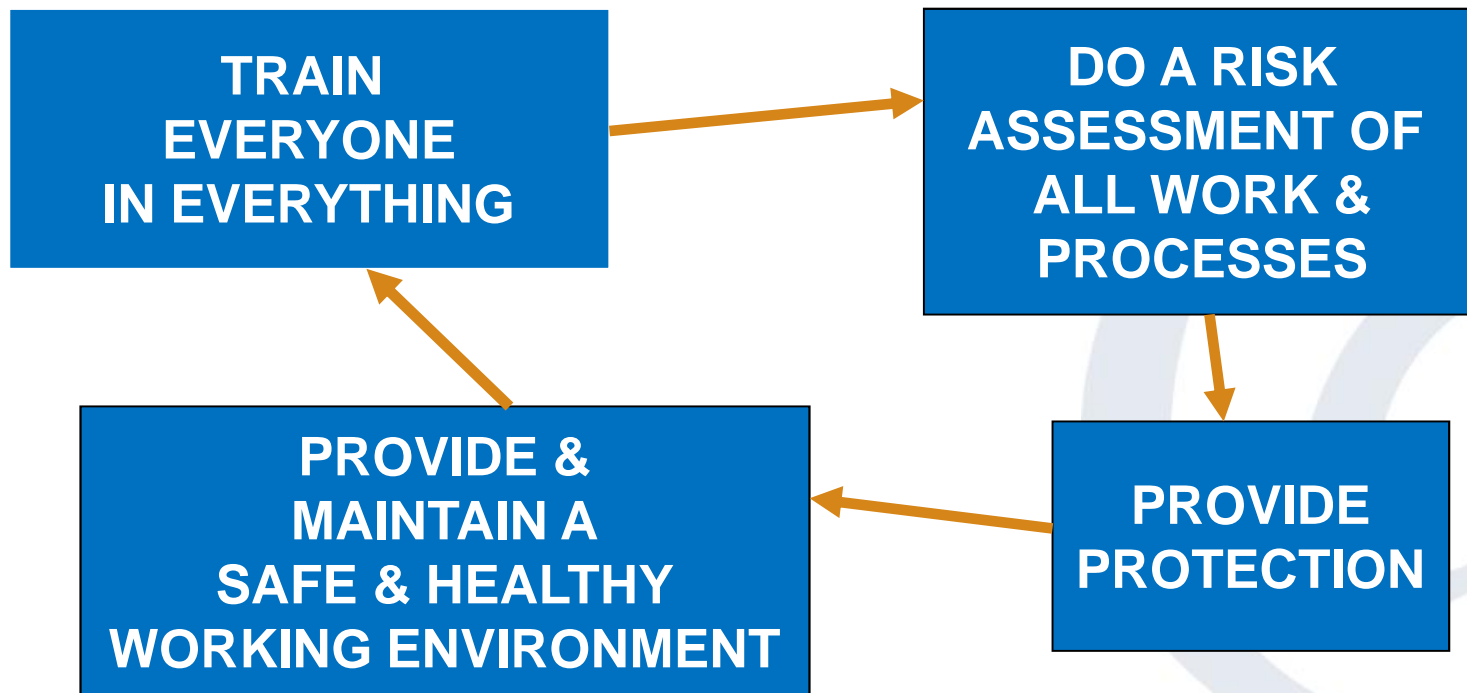


NEW MEXICO
MUTUAL

Legislation - O.S.H.A.

SECTION 8

Duties of employers to their employees



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUAL

Legislation - O.S.H.A.

SECTION 14

General duties of employees at work

CO-OPERATE

**DO NOT HARM
SELF & OTHERS
(HEALTH & SAFETY)**



**OBEY SAFETY
RULES**

REPORT!

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



**NEW MEXICO
MUTUALTM**

Accident Statistics

Slips/Trips/Falls 2010

- 21% of disabling injury accidents
- 14% of accidental workplace deaths
- \$13.75 billion annual health care costs

Slips and trips without falls result in:

- More than 50,000 lost workday injuries

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Accident Statistics 2012 New Mexico

- 4,878 total loss time claims
- Slips/Falls same level – 18.6% (910)
- Falls from elevation – 10% (490)
- Slips, trips and falls are the most common cause of lost time accidents in NM

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Slips and Trip Accidents

- Head or back injuries
- Lacerations
- Fractures
- Pulled muscles
- Deep contusions



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



What Is A Slip, Trip or Fall?

- Slip – caused by slippery surfaces
- Trip – feet strike an object
- Fall – result from slips/trips or elevation

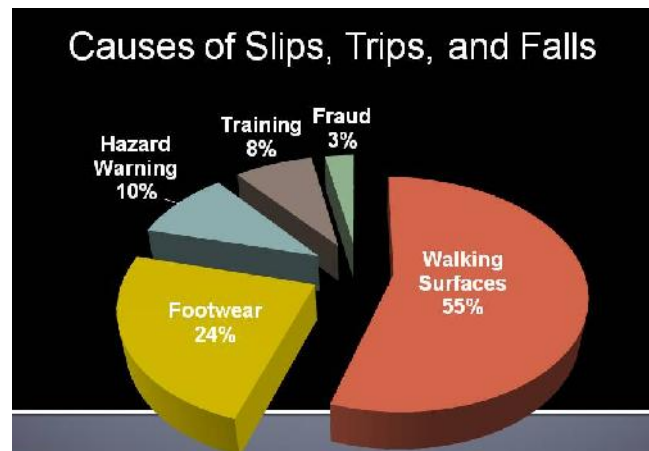
WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Identify Hazards

- Evaluate your workplace
- Talk to other employees
- Inspect your work area regularly



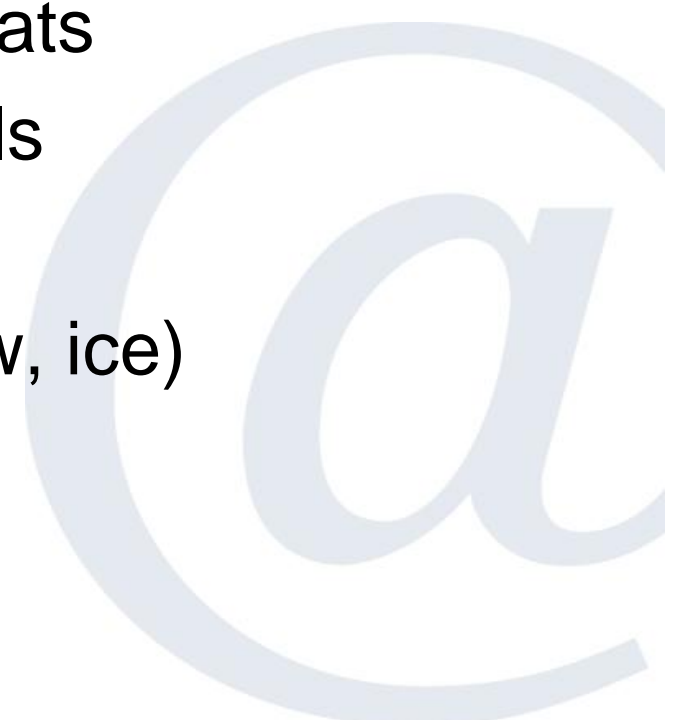
WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUAL[™]

Slip Hazards

- Stairs and inclines
- Loose rugs, carpeting, and mats
- Water, oil, dust, and chemicals
- Highly polished floors
- Inclement weather (rain, snow, ice)



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.

Housekeeping Prevents Slips

- Clean up liquid spills
- Sweep up debris
- Report water leaks
- Install water absorbent mats at entrances
- Use warning signs around hazards

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Floor Mats

- Building entrances
- Water absorbent
- Slip-resistant bottom
- Beveled and colored edges/borders



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



Footwear

- Soft rubber sole for slip resistance
- Sole's tread has channels
- Slip resistant shoes do not make you invincible

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Employee Awareness

- Be aware of hazards
- Pay attention to where you are going
- Adjust your stride
- Make wide turns at corners
- Always see the floor when carrying items



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Trip Hazards

- Obstructions on walking surfaces
- Damaged or uneven floor surfaces
- Electrical cords or computer cables
- Running
- Poor lighting



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



Preventing Trips

- Pick up materials and trash
- Walk around obstructions
- Do not carry items that block your forward vision
- Watch placement of power cords/cables
- Keep file drawers closed

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Causes of Falls From Elevations

- Unsafe step ladders or stairs
- Lack of handrails
- Inadequate guardrails



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



Step Ladder Safety

- Rungs are in good condition and clean
- Ladder locks function correctly
- Ladder is non-conductive
- Ladder's feet are anti-slip



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Stair Safety

- Use the handrails
- Walk – one step at a time
- Inspect for slippery surfaces, torn carpeting or damaged steps/treads
- Do not place objects on steps
- Do not over load your arms
- Keep stairs well lighted



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



Slips, Trips, and Falls

- Prevent falls by remembering the following:
 - Do not allow cabling to create a tripping hazard
 - Clear up spillages quickly
 - Do not block passageways
 - Keep office areas neat and tidy
 - Keep stacking and storage areas safe

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Slips, Trips, and Falls

- Watch out for:
 - Worn or loose carpets
 - Broken stair tread edges
 - Chipped flooring and tiles
 - Watch where you walk
 - High heels
 - Pick up objects that fall – pencils, etc.



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

Stairs

- Distraction on stairs
- Take one step at a time
- Don't load your arms so full of materials that you can't see
- Keep one hand on the handrail
- Don't congregate on stairs or landings
- Keep stairs well lighted

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM

**Guess Who is Responsible for
Your Safety?**



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.





WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALSM



Practice Safety at Work & Home



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



Watch Out for Unsafe Conditions



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Housekeeping

**— GOOD —
HOUSEKEEPING
IS THE FIRST
PRINCIPLE
OF SAFETY**

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Accident Reporting

- Report all injuries on duty (to person responsible) on the same day



WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM

Risk & Safety Management Contact

If you have any questions or would like Risk and Safety assistance with your policy, please contact us:

Albuquerque area: (505) 345-7260

Toll Free: (800) 788-8851

P.O. Box 27825

Albuquerque, NM 87125

You can also email us at NMMSafetyAdvisor@NewMexicoMutual.com

WORK SAFE. WORK SMART. MAKE SAFETY HAPPEN.



NEW MEXICO
MUTUALTM