

Slide 1



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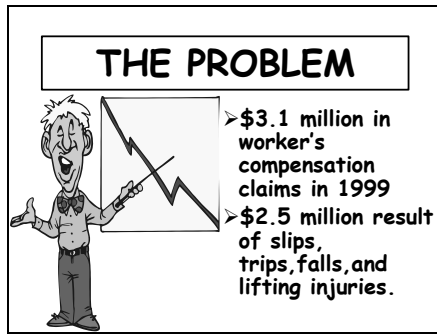
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Slide 2



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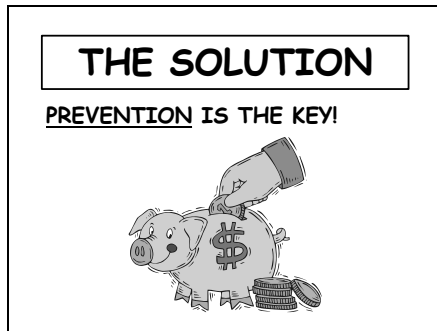
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Slide 3



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Slide 4



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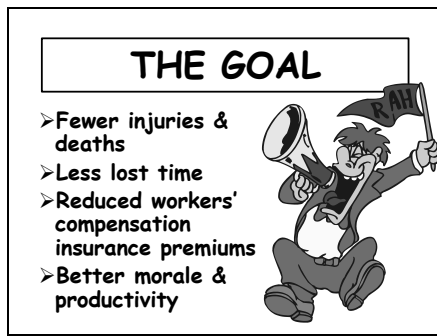
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Slide 5



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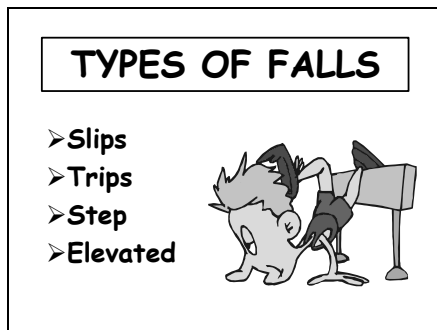
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Slide 6



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Slide 7

**CAUSES OF SLIPS**

- Slippery wet surfaces
- Wrong type of footwear



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Slide 8

**TRIPS AND FALLS**



- Occur when the foot strikes an object and is suddenly stopped

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Slide 9

**STEP AND FALL**

- The foot lands on a surface lower than expected usually resulting in a turned or twisted ankle



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Slide 10

### ELEVATED FALLS

Examples:

- Ladders
- Vehicles & Equipment
- Loading docks
- Stairs



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Slide 11

### LADDER SAFETY PRECAUTIONS

- Placement
- Type & size
- Don't overextend
- Maintain a 3-point connection
- Ensure secure footing
- Always face the ladder
- Be aware of your surroundings



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Slide 12

PLAY IT SAFE WHEN USING A LADDER,



COMPLETE THE JOB WITHOUT A SPLATTER!

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Slide 13

### LADDER INSPECTION

Look for:

- Cracks
- Loose rungs
- Sharp edges
- Oil and grease



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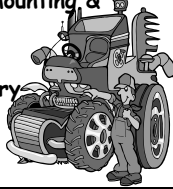
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Slide 14

### PREVENTING FALLS FROM EQUIPMENT

- Face machine when mounting & dismounting
- Keep a firm grip
- Keep steps clean & dry
- Never jump off



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Slide 15

### FALLS ON STAIRS

Prevention:

- Lighting
- Sturdy handrails
- Same rise & depth
- Housekeeping
- Line of sight



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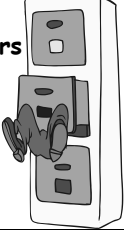
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Slide 16

### OFFICE FALLS

Avoid:

- Open file/desk drawers
- Electrical cords
- Makeshift ladders
- Loose carpeting
- Objects stored in halls/walkways



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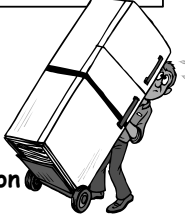
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Slide 17

### OTHER CONTRIBUTING FACTORS

- Hurry
- Distractions
- Failure to use handrails
- Obstructed vision



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Slide 18

### FALL PREVENTION PROGRAM



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Slide 19

**FALL PREVENTION PROGRAM**

1. Inspection
2. Alert workers to hazards
3. Keep floors free from clutter
4. Repair floors
5. Stop leaks
6. Reward workers



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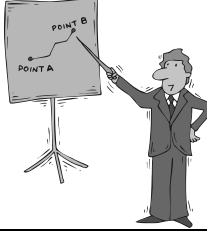
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Slide 20

**WHAT'S THE BOTTOM LINE?**

- Management commitment
- Regular training
- Require proper footwear
- Report, record & investigate
- Track corrective action



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Slide 21

**SAFE LIFTING & BACK INJURY PREVENTION**



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Slide 22

**NATIONAL SAFETY COUNCIL STATISTICS:**

- 20 % due to inflammation
- 10% due to back injuries
- 70% result from degeneration of spinal discs



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Slide 23

**WHAT CAUSES STRESS ON THE BACK?**

- Excessive forward bending/heavy lifting
- Excessive sitting and standing
- Poor posture & sports that involve impact or twisting



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Slide 24

**CONTRIBUTING FACTORS**

- Poor physical condition
- Poor posture
- Extra weight
- Stress
- Overdoing it



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Slide 25

### PREVENTING BACK INJURIES



Avoid lifting & bending when you can:

- Place objects up off the floor
- Raise/lower shelves
- Use carts and dollies
- Use cranes, hoists, lift tables, or other lifting devices

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Slide 26

### BASICS FOR SAFE LIFTING



➤ Plan your lift

➤ Size up your load

➤ Decide on your route

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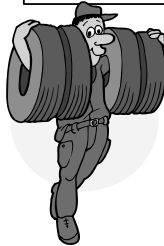
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Slide 27

### POSITION THE LOAD



➤ Get as close to the load as you can

➤ Feet about shoulder width apart

➤ Tuck in your pelvis

➤ Bend the knees if possible

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Slide 28

**LIFT THE LOAD**

- Let the legs do the work
- Avoid twisting
- Make sure you can see over your load



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Slide 29

**BODY MANAGEMENT**

- Stretch first
- Slow down
- Rest your back
- Sleep on a firm mattress
- Get in shape



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Slide 30

**DON'T BE A HERO!**



**GET  
HELP!**

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Slide 31

**WHAT ABOUT SITTING?**

- Don't slump
- Sit with pelvis against back rest and feet on floor
- Avoid sitting for prolonged periods
- When driving-adjust seat so knees are elevated above thighs



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Slide 32

**STANDING ON THE JOB**



- Wear comfortable shoes
- If required to stand-rest one foot on a stool or shelf
- Frequently shift positions

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Slide 33

**CONCLUSION**

The Three E's:

- Engineering
- Education
- Enforcement



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Slide 34



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