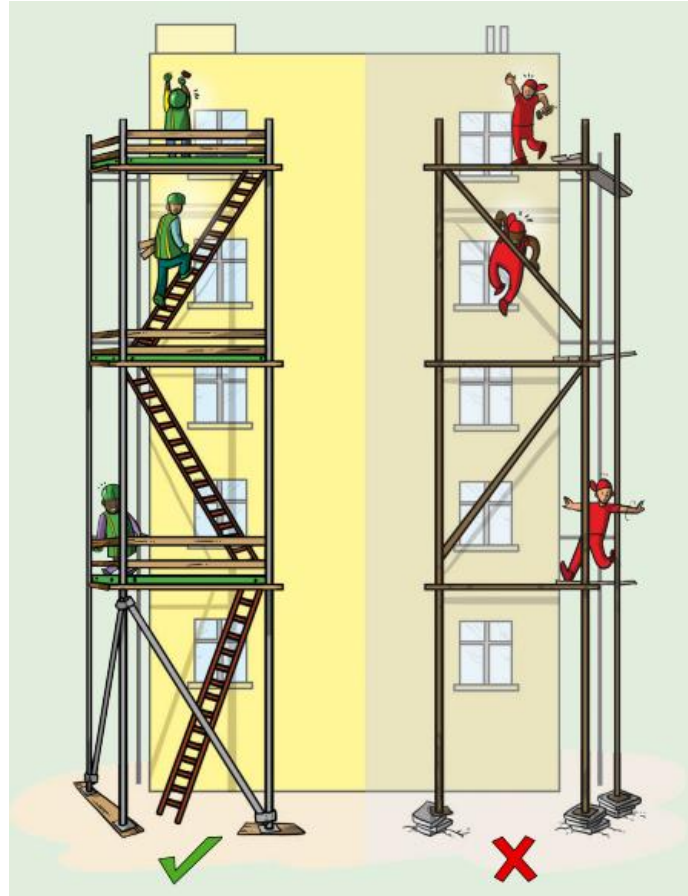


## 52<sup>nd</sup> NATIONAL SAFETY WEEK CELEBRATION

March 10<sup>th</sup> 2023 – Fight Falls

*People say that accidents are due to human error, which is like saying falls are due to gravity*

*~ Trevor Kletz*



One of the most frequent reasons for fatal and catastrophic workplace accidents is falls. Companies are required to set up the workplace so that no one can fall off of raised workstations, above platforms, or into gaps in the floor or walls. Fall protection is required by OSHA in general industrial workplaces at altitudes of four feet, in shipyards at elevations of five feet, in the construction sector at elevations of six feet, and in long shoring operations at elevations of eight feet.

To prevent employees from being injured from falls, employers must:

- Protect every floor opening that an Employees might unintentionally enter.
- Provide every elevated open-sided platform, floor, or runway a guard rail and toe board.
- Employers must provide guardrails and toe boards, regardless of height, if an Employees can fall into or onto hazardous devices or equipment in order to prevent injuries.
- Safety harness and line, safety netting, stair railings, and hand rails are further fall prevention tools that may be needed on specific operations.

Follow these easy steps before working at a height:

- If at all possible, stay away from heights when working.
- When working at heights is unavoidable, prevent falls by either using a workplace that is already secure or the appropriate tools.
- Where the risk cannot be completely removed, reduce the distance and effects of a fall by utilizing the proper equipment.

There are three basic types of fall hazards

- Slipping hazards: The physical hazard category, which includes slip and fall risks, is the most prevalent; the others are chemical, ergonomic, and biological. To assess a floor's slip resistance, perform a slip test. This is one method of avoiding risks at work.
- Tripping hazards: Poorly marked steps, Loose carpets or flooring, Broken pavement & Obstacles in walkways such as furniture, stored materials, hoses, cables or cords
- Falls from heights: These are falls from a height above the ground. They include cliffs and other high places, as well as stairs, ladders, scaffolds, bridges, balconies or mezzanines. Although any fall has the potential to be lethal, falls from heights typically result in more severe injuries than falls from the same level.

Suggestion for eliminating fall hazard:

- Keep walkways free of obstructions.
- Reroute cords, cables and hoses away from traffic areas
- Pick up trash, scrap and dropped items right away
- Keep walking surfaces free of spills and barricade slippery areas until they can be cleaned up.
- Wear non-slip footwear.
- Use good lighting, particularly around stairs and steps.
- Use proper ladders or scaffolds instead of makeshift climbing devices.
- Use the recommended fall prevention and fall arrest equipment when working at heights.