

JANUARY 8, 2024

SAFETY



MONDAY

'Tis the season... for slips, trips and falls

Although S.T.F.s can occur throughout the year, during the winter season we're especially prone to these types of accidents due to weather conditions, lower light levels and rushed holiday seasons.

Slips are a loss of balance caused by too little friction between your feet and the surface you walk or work on.



A trip is a motion that occurs whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Lastly, falls, is a motion that happens whenever you move too far off your center of balance.

According to the Bureau of Labor Statistics, Slips, trips, and falls cause an average of 700 fatalities per year and 450,000 reported injuries (2021).

Some tips to prevent STFs:

- ✓ Scan surroundings
- ✓ Provide adequate lighting
- ✓ Enforce housekeeping standards
- ✓ Maintain 3 points of contact when ascending/descending
- ✓ Wear appropriate footwear for the task

