

SLIPS, TRIPS & FALLS SAFETY BLITZ! KICKOFF



OBJECTIVES

The purpose of our inaugural Safety Blitz is to bring attention and awareness to one of the most challenging safety issues and leading causes of injuries in our industry: Slips, Trips, and Falls.

The Safety Blitz is designed to influence company and individual behavior and to assist employees with planning their movements, staying alert, and paying attention to their surroundings and job functions. These simple but necessary steps lead to a safer work environment for everyone.

Our Risk Management team is partnering with Members across the country this week to promote awareness and prevent these injuries from occurring. Our goal remains: That each and every employee returns home safely to their families.

SCHEDULE

MONDAY

Introduction to Safety Blitz week, including real-life situations and special guest appearances.

TUESDAY

Focus on SLIPS. Provide actual claims and tips to avoid them. Company and ATACF/AIR Risk Manager observations.

WEDNESDAY

Focus on TRIPS. Provide actual claims and tips to avoid them. Company and ATACF/AIR Risk Manager observations.

THURSDAY

Focus on FALLS. Provide actual claims and tips to avoid them. Company and ATACF/AIR Risk Manager observations.

FRIDAY

Focus on entering/exiting the cab and falls from flatbeds. Grand Prize drawings for participating companies.

**MONDAY
SEPTEMBER 13TH**



Don't forget to post your pictures on Facebook! Use #SafetyBlitz2021 and tag ATA Comp Fund or Alliance Interstate Risk Service for your chance to win gift cards!

Slips, Trips, and Falls Facts

- 3rd leading work-related injury
- 50% of all work injuries
- 95 million lost work days per year
- Average 19 work days lost
- 15% of accidental deaths per year
- 55+ age group most at risk

WATCH THE FILM

In football, players and coaches will watch film to prepare for the next game, making adjustments and correcting mistakes that were identified. You can do the same for your employees, drivers and company by studying real-life situations. This is the first step in the process of improving your safety culture, [Making Accidents a Big Deal](#). And it starts with changing each individual's behavior. It is, after all, up to them to plan, stay alert, and pay attention.

[Film Replay #1](#): Joe Driver was unloading his cargo on a dock when he slipped on the dock plate. Joe suffered a broken hip, requiring total hip replacement.

[Film Replay #2](#): Jessica Driver was walking the catwalk, tripped, and fell 5 feet, landing on her head. Jessica suffered multiple spinal fractures, severe head trauma with brain damage, and multiple rib fractures.

[Film Replay #3](#): Jerry Driver was washing his truck windshield when he fell off the hood. Jerry suffered a compound fracture of his lower leg. Due to infection, the leg eventually had to be amputated.

These 3 claims totaled just over \$2 million and changed lives forever. Just some minor adjustments consisting of planning movements, staying alert, and paying attention to surroundings would have prevented these injuries from occurring.



SLIPS, TRIPS & FALLS SAFETY BLITZ! FIRST DOWN

WHAT EXACTLY IS A "SLIP"?

slip /slip/ (verb)

to slide unintentionally for a short distance, typically losing one's balance or footing.

Slips occur when there is not enough friction between your feet and the surface they are on. They are more likely to occur when you do not have proper footwear, are in a hurry, and/or are not paying attention.

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[Film Replay #1](#): Wendy Warehouse was walking with a co-worker past fallen boxes with spilled liquid when the co-worker slipped and started to fall, grabbing Wendy on the way down. Wendy was pulled to the ground and injured her back and shoulder, requiring multiple surgeries.

SITUATIONAL AWARENESS PLAYBOOK: HOW TO PREVENT SLIPS

- Use correct 3-points of contact to avoid slipping when climbing up or down from height.
- Wear sturdy, non-slip footwear and make sure the soles are clean.
- Slow down, especially in hazardous conditions.
- Look for oil, coolant, or other fluid spills when walking on shipper yards, fuel islands, rest stops, warehouse floors, etc.
- Use adhesive striping material or anti-skid paint wherever possible.
- Practice safe walking skills, such as smaller steps and focusing on the walk area. DON'T use your phone while walking.
- Check steps, running boards, and hand-holds or bars for slip hazards. Install grip tape or textured flooring to ensure better traction.
- Report site hazards to management to alert them of potential slip/fall exposures.



ALLIANCE INTERSTATE RISK



**TUESDAY
SEPTEMBER 14TH**



[Film Replay #2](#): Jimmy Driver was climbing out of his truck when his foot slipped, causing him to fall and hit the fuel pump, a garbage can, and eventually the ground. Jimmy injured his back and shoulder, requiring two lower back fusion surgeries.

[Film Replay #3](#): After fueling her truck, Jane Driver slipped in diesel fuel and fell, landing on her head. Jane suffered permanent brain damage.

These 3 claims totaled just over \$1 million and changed lives forever. Just some minor adjustments consisting of planning movements, staying alert, and paying attention to surroundings would have prevented these injuries from occurring.

SLIPS, TRIPS & FALLS SAFETY BLITZ! SECOND DOWN



WEDNESDAY
SEPTEMBER 15TH

WHAT EXACTLY IS A "TRIP"?

trip /trip/ (verb)

to catch one's foot on something and stumble or fall.

Trips happen when your foot hits an object and you have enough momentum to fall off balance. These are most likely to occur when you are walking or are unaware of your surroundings.

WATCH THE FILM

In football, players and coaches will watch film to prepare for the next game, making adjustments and correcting mistakes that were identified. You can do the same for your employees, drivers and company by studying real-life situations. This is the first step in the process of improving your safety culture, [Making Accidents a Big Deal](#). And it starts with changing each individual's behavior. It is, after all, up to them to plan, stay alert, and pay attention.

[Film Replay #1](#): Joseph Driver was working with tarps on top of his flatbed and not using available fall protection. He tripped over the tarps, falling to the ground. Joseph suffered head trauma with a concussion, 80 stitches, two broken wrists that required surgery, and injured his left knee, which also required surgery.

SITUATIONAL AWARENESS PLAYBOOK: HOW TO PREVENT TRIPS

- Use 3-points of contact to avoid tripping or missing a step when climbing up or down from height.
- Walk (and work) in well-lit areas, especially at night.
- Keep walkways free of obstacles and interferences.
- Avoid walking or working on uneven, rough ground surfaces. If unavoidable, don't hurry and plan your route.
- Conduct periodic inspections for slip and trip hazards.
- Make sure you can see where you are walking; sweep the area with your eyes and don't carry loads that hinder your line of sight.
- Wear appropriate footwear with good grip and clean soles.
- Mark areas with elevation changes, such as sidewalks or curbs, for awareness.



[Film Replay #2](#): Jenny Driver was standing on the catwalk when she tripped, became tangled in the air hose and fell to the ground on her back. Jenny had multiple injections and eventually lower back surgery.

[Film Replay #3](#): John Driver was walking across the dark parking lot of a truck stop when he tripped into a hole and rolled his foot. John injured his neck and ankle, causing permanent damage.

These 3 claims totaled just over \$1 million and changed lives forever. Just some minor adjustments consisting of planning movements, staying alert, and paying attention to surroundings would have prevented these injuries from occurring.



ALLIANCE INTERSTATE RISK

SLIPS, TRIPS & FALLS SAFETY BLITZ! THIRD DOWN



WHAT EXACTLY IS A "FALL"?

fall /fôl/ (verb)

to lose one's balance and collapse.

Falls are the result of losing your balance and gravity takes over. They are more likely to occur from heights, but not always. 100% of falls are preventable.

WATCH THE FILM

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Film Replay #1: Jody Driver was walking around her trailer at a weigh station, stepped on a broken inspection plate, and fell through it. Jody injured her neck, shoulder, elbow, and hip and required total shoulder replacement.

These 3 claims totaled just under \$785,000 and changed lives forever. Just some minor adjustments consisting of planning movements, staying alert, and paying attention to surroundings would have prevented these injuries from occurring.

SITUATIONAL AWARENESS PLAYBOOK: HOW TO PREVENT FALLS

- Use correct 3-points of contact to avoid falls when climbing up or down from height.
- Utilize fixed objects, such as grab bars, for assistance in climbing.
- Use fall protection equipment when working at height.
- Ladders should be fitted with slip-resistant bases and secured to prevent movement.
- Use a ladder to access the top of a load. Use fall protection, including harnesses, when guardrails are not available.
- Always stay to the center on empty flatbed trailers.
- Watch for hazards on the catwalk.
- GRAVITY ALWAYS WINS.

THURSDAY
SEPTEMBER 16TH



Film Replay #2: Eric Employee was climbing an extension ladder and did not have the ladder properly secured. Extension slid, causing Eric to fall 8 feet. He fractured both ankles and required shoulder surgery.

Film Replay #3: Erin Employee was positioning a crate on a forklift, climbing on a table to finish positioning. She fell off the table, hitting her chest on her way to the ground. Erin sustained rib fractures and a punctured lung, which ultimately collapsed. She was hospitalized for several days and out of work for 7 months.



ATA COMP FUND



ALLIANCE INTERSTATE RISK

SLIPS, TRIPS & FALLS SAFETY BLITZ! TOUCHDOWN!



**FRIDAY
SEPTEMBER 17TH**

WATCH THE HIGHLIGHTS

Slips, trips, and falls make up over 50% of all work-related injuries; 80% of them happen while the truck is stopped. If you've been watching the film each day, you can see that the majority of falls are the result of slips or trips; approximately 70% to be exact. The remaining 30% are from a height.

Now, let's drill down to the two leading reported claims we see at the ATA Comp Fund and Alliance Interstate Risk.

FALLS FROM A FLATBED TRAILER

83% of total falls come from the back of the trailer, the truck step and the cargo being transported. Due to the nature of the flatbed driver's duties, they are exposed to a greater risk of falling... and a heightened need for situational awareness at all times.

- Use fall protection (when available).
- Contact your Driver Manager/Supervisor before getting on the trailer.
- SITUATIONAL AWARENESS! Watch your step when on or around the trailer. Stepping off an edge can happen to anyone.
- Pay attention to hazards such as ice, snow, and water.
- Use access ladder (if equipped).
- DO NOT JUMP from the trailer; climb down using the 3-point contact rule.
- Always stay to the center of empty flatbed trailers.
- Watch for straps, chains, loose tarps, bungees, etc. on loaded flatbed trailers.
- Watch for shifting or falling freight.
- Wear appropriate shoes.
- Use caution while tarping in windy condition.
- Never stand on the load or tarp.

HAVE AN MVP SEASON

Most slip, trip, or fall injuries are preventable with the right preparation... and focus on situational and surrounding awareness. Part of developing a culture of safety is constantly keeping this awareness at the forefront of employees' and drivers' minds. Consistent training and making safety a BIG DEAL will keep your company in the win column year after year.



ENTERING/EXITING THE CAB

Almost 80% of trucker fall injuries occur close to the cab, with more than half occurring when exiting. Most of these injuries are preventable and caused by driver error... by not following the 3-point contact rule.

- Maintain 3-points of contact while getting onto or off of the equipment until you reach the ground, cab, or stable platform. One hand/two feet OR two hands/one foot on the equipment AT ALL TIMES.
- ALWAYS face the equipment when mounting and dismounting.
- Do not climb down or up with something in your free hand.
- Wear slip-resistant shoes with good support.
- Slow down and use extra caution in bad weather.
- Look for obstacles on the ground before exiting.
- Get a firm grip on rails and handles with your hands.
- Do not use unauthorized handholds such as door frames or door edges.
- Do not use tires or wheel hubs as a step surface.
- Use adhesive striping material or anti-skid paint wherever possible.

