

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

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: 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.



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