

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.

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](#): 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.