

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.



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