

The "C-Change" Initiative:

1. Change behaviors.
2. Challenge ourselves to re-think how we work.
3. Certify the results on a daily basis.



Tool Box Talk

Week of January 16th, 2012

Slip, Trip and Fall Hazard Awareness

This is the final tool box talk in our series of July's Slip, Trip, and Fall hazard Safety Tool Box Talks. The goal of this Tool Box Talk is to look at potential trip and fall hazards on JJW projects. We will also discuss the possible serious and lasting effects that result from a falls.

Our last tool box talk discussed slip hazards on the job. What's the difference between a slip and a trip? A slip is loss of traction between your footwear and the walking surface. A trip is when your foot or leg strikes an object causing you to lose your balance and most likely leads to a fall.

TRIPS Here are a few of the more common hazards found around the jobsite or office.

- **Obstructed view:** This type of trip typically occurs when a person is carrying a box or larger item that partially blocks the view of the intended walk path, thus workers can trip on an object they didn't see. For example, a large box carried just a few inches beneath your chin can prevent you from seeing the ground nearly 20 feet ahead!
- **Poor lighting:** Many of our jobs are outdoors and some are at night. It's important that proper lighting be available and used! Indoor jobs are also hazardous, particularly demolition or new construction jobs when permanent lighting is removed or not yet installed. Temporary lights need to be properly installed and maintained. Correct lighting selection is also important for application for their intended use i.e. explosion proof and wet environments.
- **Obstacles in our way:** Housekeeping is a continuous concern. Plan lay down areas. Keep materials stored neatly and out of the way. Pick up trash and loose materials as soon as a hazard is created. Discuss it daily on your JSA card. Specifically assign someone the task of cleanup. The old way of thinking that trash can be cleaned up at the end of the shift is just that, old school by today's standards. That mind set allows our employees to work on an unsafe site for nearly 7 out of the 8 hours in the shift. Continuous clean up prevents injuries.
- **Cords, leads and hoses:** JJW's orientation for new hires talks about the need to raise cords and leads off the walking surface to a height of 7 feet when possible. When elevating is infeasible,

consolidation is the next best alternative where people can step once over all the cords instead of traversing through a snake pit.

- **Changes in elevation:** Walking surface levels changes are often subtle. Be alert as jobsites have a mix of asphalt and stone. They are rarely the same elevation and just a couple of inches can cause one to trip.

FALLS

- **Falls at grade** often cause injury. Hands, arms and legs bear the brunt of the impact from a fall. Cuts, strains and contusions are most common. Over time minor injuries tend to linger with lasting effects. The best way to avoid these nagging injuries is not to let them happen in the first place!
- **Falls from elevations** are fatal half the time from a height of just 11 feet. Proper ladder use is a full time job in itself. Much of our work is done from ladders or scaffolding and most falls happen during climbing.

In conclusion, slip and trip hazards are everywhere. Holes, gravel, cords, trash and uneven surfaces can cause us to trip and fall. Slip, trip and fall accidents kill more workers than all other on-the-job fatalities combined. Seventy percent of which occur on level ground. When we think fall exposures, no one should **ever** allow or put themselves in a situation where a fall could occur. Hazard identification is the key to preventing slip and trips on the job.

Think, plan and execute each step as you would any other job task. One slip trip or fall can change your life, and those around you, forever.