



Rutherford County Safety Training

Walking Surface Safety



Course Outline

Objectives

- Become familiar with **RISK** and **HAZARDS** with *Walking Surfaces* in your workplace
- Know how to reduce the risk by applying *Walking Surface SAFETY*

Assessment

- 5 question quiz





Safety Awareness

More than 12,000 people die each year and countless are injured from falling on a walking surface, either on or off the job. Being aware of situations that could cause a fall is the best way to keep people on their feet. Preventing slips and trips can be as simple as good housekeeping, common sense and thinking ahead.

In most cases the human brain will process the **RISK** being taken, the known **HAZARDS**, and how to apply **SAFETY** within seconds of any given situation. The sad news is we fail to follow through with the SAFETY part. Many accident investigations report that carelessness was the core cause of an accident.

For example:

Risk - Slipping or falling

Hazard - Walking on a wet floor

Safety - Find alternate route or proceed using extreme caution



The Numbers

Rutherford Co. injuries from falls on walking surfaces

<u>Causes</u>	<u>FY2008</u>
Tripping on fixed objects	20
Wet floors	18
Stairs/Ramps	12
Spills/Objects on Floors	11
Engineering/Environmental	10
Cleaning/Waxing Floors	9
While Carrying items	7
Tripped over another person	6



How It Happens

What are the three main causes of slips or trips?

1. Lack of Awareness

- Not watching where you are walking
- Not wearing Personal Protective Equipment (PPE)

2. Environmental or Engineering Factors

- Ice & Snow
- Broken hand rail

3. Occupational Hazards

- Pursuing suspects (Corrections & Law Enforcement)
- Waxing & stripping floors (Custodians)



Lack of Awareness

Housekeeping:

- Not cleaning up a spill
- Not placing a wet floor sign down
- Cluttered work areas
- Not securing cords, mats & rugs
- Keep furniture out of walking paths
- Salting icy paths





Lack of Awareness

Common Sense:

- Walking on wet floors
- Not wearing the proper footwear
- Texting while walking
- Not turning on the lights
- Failure to report damaged walking areas
- Jumping off docks, stages, trailer etc...
- Carrying heavy or bulky objects
- Horseplay





Environmental & Engineering Factors

Inspect Your Walking/Working Surface:

Environmental

Ice & Snow
Tree Limbs & Seeds
Areas Around Sinks/Faucets
Water Buildup at Entrance Ways
Condensation Buildup
Gravel & Mud Buildup
Wet Grass

Engineering

Uneven Walkways
Damaged Hand Rails
Unmarked Elevation
Inadequate Lighting
Damaged Stairs/Ramps
Missing Signage
Torn/Frayed Carpet

Most importantly and frequently ignored, know how to report these hazards. Everyone depends on your attention to detail.



Occupational Hazards

Physical Job Requirements:

There are a few occupations that tend to have a higher **Risk** of slip, trip, and fall accidents because of known or unknown walking/working surface **Hazards**. In these cases, preparation is the key to employee **Safety**. Below are two ways to reduce the risk of injury while performing job requirements with known hazards.

Stretch/Warm-up

- Core muscles everyday
- Before lifting, pushing, pulling & reaching
- Prior to physically demanding tasks
- Between repetitive motions



Wearing PPE or installing safety devices

- Slip-resistant outsole shoes (for wet and greasy floors)
- High-top shoes or boots (to prevent ankle sprains)
- Safety harness or straps (for work above the ground)
- Slip-resistant floor mats (placed in areas with common water buildup)





Look Out Below

If you find yourself heading for a fall, try to remember these last second tips:

- Attempt to tumble to the ground by letting your body crumple and roll.
- Tuck your arms in because reaching out to break a fall may cause you to break or sprain an arm, wrist or finger.

NOTE: These tips may not work in the majority of falling accidents but are proven to reduce your chances of being injured. This is simply a way to apply the **RISK**, **HAZARD**, & **SAFETY** process by thinking ahead if you have no options to avoid an area with known slip or trip hazards.



Injury Reporting

In the event you are injured on the job please remember these On The Job (OJI) rules:

- Injuries must be reported within their current working shift to your supervisor
- Individuals seeking treatment must select a doctor from the “Panel of Physicians”
- Medical treatment must be sought within the first seven days to be a covered expense
- Missed appointments will terminate benefits



Safety Training Contact

For answers to questions, interactive discussion or other information related to *Walking Surface Safety*, please contact:

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Training & Development Specialist
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Quiz

Click on the link below to take a 5-Question Quiz.

https://secure.rutherfordcountyttn.gov/walking_surface/

You must take the quiz to receive credit for the Safety Training.

Once you have linked to the quiz, please enter your Social Security Number at the top. You will need to enter it according to the example shown (ex. 999-99-9999 with hyphens included). Once finished with the questions, please click the submit button and your training will be recorded.