



## **Title: Preventing Slips, Trips, and Falls in Construction**

**Objective:** To raise awareness of the hazards associated with slips, trips, and falls in construction and promote safe practices to prevent accidents and injuries on the job site.

**Introduction:** Slips, trips, and falls are among the leading causes of accidents and injuries in construction. These incidents can result in sprains, strains, fractures, and even fatalities. By understanding the common causes of slips, trips, and falls and taking preventive measures, we can create a safer working environment for everyone on the construction site.

### **Key Points:**

1. **Housekeeping:** Keep work areas clean, organized, and free of debris, tools, equipment, and materials that could cause slips, trips, or falls. Promptly clean up spills, leaks, or other hazards to prevent accidents.
2. **Flooring Conditions:** Inspect flooring surfaces regularly for hazards such as wet or slippery spots, uneven surfaces, loose tiles, or damaged floor coverings. Repair or replace damaged flooring promptly to prevent accidents.
3. **Footwear:** Wear appropriate footwear with good traction and slip-resistant soles to reduce the risk of slips and falls. Inspect shoes regularly for wear and tear, and replace them as needed to maintain adequate grip.
4. **Stair Safety:** Use handrails when ascending or descending stairs, and take one step at a time to maintain balance. Ensure stairways are well-lit and free of obstacles or hazards that could cause trips or falls.
5. **Ladder Safety:** Use ladders properly and follow safety guidelines for climbing, descending, and working at heights. Place ladders on stable and level surfaces, and secure them to prevent movement or tipping.
6. **Fall Protection:** Use fall protection equipment, such as guardrails, safety nets, or personal fall arrest systems, when working at heights or on elevated surfaces. Inspect fall protection equipment regularly and use it according to manufacturer instructions.
7. **Safe Practices:** Watch where you are walking and be aware of your surroundings to avoid tripping hazards. Avoid distractions such as texting or talking on the phone while walking, especially in areas with potential hazards.
8. **Reporting Hazards:** Report any hazards, near misses, or incidents involving slips, trips, or falls to supervisors or safety representatives immediately. Take proactive measures to address identified hazards and prevent future accidents.

**Conclusion:** Slips, trips, and falls are preventable accidents that can have serious consequences in construction. By practicing good housekeeping, wearing appropriate footwear,



using safety equipment, and staying vigilant, we can minimize the risk of accidents and injuries on the job site.

**Discussion Questions:**

1. What are some common causes of slips, trips, and falls in construction?
2. How can you contribute to maintaining a safe working environment and preventing slips, trips, and falls?
3. Why is it important to report hazards and near misses involving slips, trips, and falls?

**Stay Safe and Watch Your Step!**