

Always a Danger

Falls are among the most frequent lost-time incidents in Alberta and elsewhere. Falls also injure many people around the home. Don't let falls become a routine in your household.

Take care while working at heights around the home or at the cottage.

Make sure guarding, barricades, and equipment are safe. Don't work in a hazardous condition or layout.

Stair incidents are common around the house. Teach your children not to run on the stairs. Do not move furniture up and down stairs by yourself. Get friends or neighbours to assist with awkward and difficult jobs. Make sure you use the right equipment to help you move large objects. Take care and time to do the job right. Your whole family will appreciate your concern for safety.

Communicate with your family members. Tell each other when floors are wet or have been waxed and what to watch out for. Your work experience can be shared and cautionary examples provided to your family members.



Fatal Falls

There is always a danger when working at heights. Statistics indicate that fatal falls are frequent in the construction industry. Your safety program, hazard assessment, and procedures should address potentially dangerous situations and have proper measures in place. All equipment should be undamaged, appropriate for the job, and tested for safety.

For more information, refer to current applicable Occupational Health and Safety Legislation.



The Alberta Construction Safety Association's mission is to provide quality advice and education for the construction industry that will reduce human suffering and financial costs associated with workplace incidents. This brochure is part of a series, **The Toolbox Brochures**, which are available on a variety of safety topics. If you have any questions or comments please contact:



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Preventing Slips, Trips and Falls



Making Safety A Way Of Life



The Alberta Construction Safety Association

For Your Protection

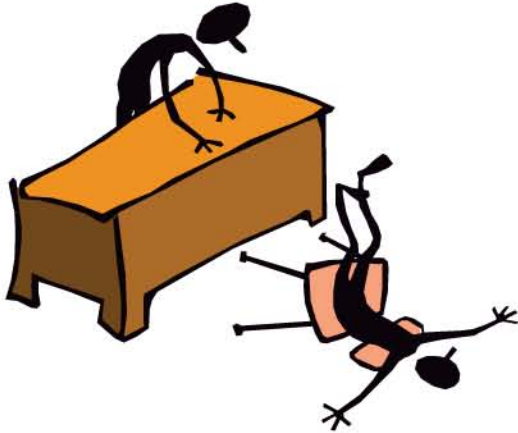
You need a system to protect you no matter what type of fall is likely in your industry. You will need anchorages, body support equipment, and connecting equipment as your sources of protection. It is vital that these components are properly chosen to provide maximum protection.

Daily Hazards, Daily Habits

Increased prevention of slips and falls should be a primary safety objective in all of our daily routines. Fatal incidents can be prevented. So can many minor slips and falls. With good safety habits, routines, and hazard assessments in place, most of these preventable incidents can be eliminated. Assess your work site each day, stay alert, and monitor the work site throughout the day for conditions that may result in an incident of this type.

Day-to-Day

Starting the day with everything in order is crucial. Previous crews should do their housekeeping. Your shift should pick up where they left off. Watch out for materials and hazards that may become trouble spots which could cause slips and falls.



Avoiding Common Slips and Falls

- Ensure proper lighting in corridors, stairwells, and on the work site.
- Check for proper handrails and guardrails.
- Replace or repair any damaged handrails or guardrails.
- Always keep at least one hand free to grip railings.
- Repair or finish off poorly joined floors at the top or base of stairways.
- Do not allow or take part in any on-site horseplay.
- No running in walkways or on stairs.
- Watch for or move stacked materials that could cause a tripping hazard.
- Watch for doors opening the wrong way—change the doors, or post danger notices and have all staff informed.
- Change the location of wires, electrical equipment, furniture, and other materials so they are not in the way. Tripping over cords and wires is particularly common.
- Keep grease and oil off all floor areas.
- Maintain good general housekeeping at all times.

Barricade All Floor Openings

Floor openings and chutes must be properly guarded. Legislation directs that the hole or opening must be covered securely with a cover designed to support an anticipated load. The area must be easily identifiable with appropriate posted warning signs.

Fatalities and incidents as a result of this type of fall are much too frequent. Do not let anyone forget this basic safety rule—it is for the protection of you and others.

Falls to Avoid and Prevent

Take extra care to avoid falls in the following situations:

Roofs

Know the strength of the roof before going on it. Know what factors may affect this strength. Use protective equipment while on sloped roofs and have adequate roof platforms. Guard both roof edges and any openings.



Scaffolds

Inspect, tag, and test your scaffolding—and make sure it is secured properly. Ensure scaffold guarding and toe boards are in place. While on a scaffold, walk—do not run.

Stairs

Watch out for irregular stairs, water, and spills. Always watch where you place your foot. Do not pull yourself up by the handrail—place your foot firmly on each stair tread.



Vehicles

Use three points of contact at all times when getting into and getting out of a vehicle.