



Lessening the instances of workplace slips, trips and falls

Relying on our risk management expertise and our extensive information database, Utica National analyzed workers compensation losses reported by our auto service and repair shop customers during a three-year period. During this period, slip, trip and fall injuries were a frequent cause of employee injuries.

Here are some tips that could help lessen on-the-job slips, trips and falls:

- **Emphasize the need** in providing walking and working surfaces that are free of slip, trip and/or fall hazards to reduce the threat of employee injury. Falls can cause sprains, strains, and fractures, but also have the potential to cause a fatality.
- **Provide training discussions with your staff about the common causes** of slip, trip and fall injuries and the precautions needed. Training should include:
 - Prevention of slips on ice in the parking lot.
 - Proper use of ladders, both fixed and portable.
 - Prevention of slips on oily surfaces on the shop floors.
 - Avoidance of trips over power cords extended across the shop floor.
- **Observe your staff while they perform their daily tasks** to evaluate work practices such as practicing proper housekeeping strategies to include cleaning up spilled fluids, keeping walkways free of obstructions and trip hazards, etc. Change or eliminate tasks that could cause injuries.
- **Establish work rules**, such as work area inspections, that will reinforce the need for everyone to work safely.
- **Identify hazardous workplace conditions** that could contribute to slip, trip and fall injuries and make changes before the accident happens. Consider such things as:
 - Installing a “floor spill” program to eliminate slip and falls hazards immediately.
 - Periodically checking exterior surfaces for ice accumulation and salting effectively.

The information contained in this publication has been developed from sources believed to be reliable. It should not, however, be construed or relied upon as legal advice and Utica National accepts no legal responsibility for its correctness or for its application to specific factual situations.



Utica National Insurance Group • Utica Mutual Insurance Company and its affiliated companies, New Hartford, NY 13413 • www.uticanational.com

- Using step and extension ladders that are in good condition and following the instructions on the ladder.
 - Maintaining aisles and passage ways to ensure they are clear of obstructions.
 - Marking changes in elevations such as “step downs” to the outside and interior “step downs.”
 - Power cords and air hoses should not be allowed to be maintained on the floor. The number of power cords should be minimized and when needed cord reels suspended from the ceiling is a better alternative.
- **Develop a checklist of those conditions that need ongoing attention** and use the list to make regular workplace checks to assure hazards are abated.
 - **Provide guidance on equipment that would help employees avert these falls.** This may include requiring slip resistant soled shoes, instituting a weekly ladder inspection program, or even requiring more frequent cleaning intervals. These measures will help improve safety and efficiency!
 - **If an injury occurs, take the time to find out the cause(s)** and make the necessary changes to prevent a recurrence. Consider workplace conditions and practices as well as employee experience, training and proper supervision
 - **Ask employees for input for making their job safer.**

Utica National has a wide array of materials available to help you control these types of losses. Visit us at www.uticanational.com or contact your local Risk Management Representative for more information.

The information contained in this publication has been developed from sources believed to be reliable. It should not, however, be construed or relied upon as legal advice and Utica National accepts no legal responsibility for its correctness or for its application to specific factual situations.



Utica National Insurance Group • Utica Mutual Insurance Company and its affiliated companies, New Hartford, NY 13413 • www.uticanational.com