



Slips, Trips & Falls Injury

Safety and Environmental Management System

SEMS 5-9

This topic is very important because slips, trips and falls can lead to very serious injuries. By keeping an eye out for slip and fall hazards, we make our workplace safer.

A slip is a loss of balance that occurs when there is too little friction between our feet and the surface we are walking on.

- We must be aware of slip hazards to notice if something might decrease or eliminate that friction
- Wet surfaces can cause us to lose our footing
- Beware of spills. Clean them up right away. Even a few drops can cause a person to slip
- Being in a hurry or running increase the chances of a slip and fall. Slow down and take your time
- Pay attention to floor conditions:
- On rainy days, people bring moisture in on their shoes. Keep the floors dry
- Put out wet floor signs when mopping
- Smooth surfaces can also be a problem. When walking on smooth, shiny surfaces, slow down

A trip occurs when the foot hits an object, and if a person's momentum is great enough, their balance will be thrown off, causing them to fall.

- Three main factors contribute to trips:
 - Lighting: when a person cannot see where they are walking, they are likely to trip over something.
 - Clutter: reduce it in walkways, never stack items on stairways or leave them in walkways (brooms, mops and buckets). If a walkway is cluttered with operator material (ropes/cords/tools), report it as a hazard.
 - Loose footing: loose spots on flooring, stairs and steps. Report any loose carpeting, tiles, cracks, stair treads, or handrails immediately.

This chart contains reasons for common incidents related to slips, trips & falls:

ACTION	WHAT HAPPENED	CONTRIBUTING FACTORS	PREVENTION
Slip, Fall	Employee slipped and fell outside on stairs	Stairs were wet. Employee was using both hands to carry a pan of meat	Divide up a large load, make more trips, get help. Always be aware of surroundings, if deck, stairs wet, take special care, clear pathway before moving items
Slip	Employee stepped over a movable obstacle on floor and slipped	Obstacle was a holding tray from a dishwasher Floor was wet around the tray	Recognize hazards Always remove obstacles in a walkway Dry up wet areas or place warning signs
Slip	Employee was carrying a bowl of ice, went around a work table, slipped and fell	No floor hazards noted Not wearing non-skid safety shoes	Always be aware of surroundings at all times. Never get in a hurry, take your time
Trip, Fall	Employee was carrying an arm full of towels, walked across a deck and tripped on a hose stretched across the deck.	Was in an area he was told not to go into Had to walk up stairs, and across a deck where contractors were working on the hose in plain sight	Follow all safety rules Inattention to detail and surroundings Clear pathway before moving items
Slip, Fall	Employee was emptying trash at night, stepped over an "I" beam on the deck, and slipped	The deck was wet from a leak from the trash container The area was poorly lighted	Correct or report all unsafe conditions *The next day the container was moved to another more accessible site.
Slip, Fall	Employee was walking down stairs after emptying trash, slipped and fell	The stairs had grease on them Employee was carrying a trash can with both hands	Be aware of surroundings at all times. Wipe feet on mats provided for that purpose when coming in from outside deck Recognize hazards. Correct them Get help if load too bulky



Slips, Trips & Falls Injury

Safety and Environmental Management System

SEMS 5-9

Why did these incidents happen? Could they have been prevented? **Yes!**

There was not a situation described above that could not have been prevented with employee awareness. We all must pay attention to our surroundings at all times and realize there is a possibility that an accident can happen at any time.

Slips, trips and falls are perhaps the most sudden and unexpected of all-possible incidents. One of the actions can happen at any time: just walking across the floor, down the stairs or when you least expect it. Therefore, it is important to be aware that you are in a working environment at all times, recognize and know the possible hazards you are faced with every day and be ready to eliminate or avoid them. That is the only way you will prevent a slip, trip or fall incident.

Unsafe condition(s): Everyone has to be able to recognize potentially unsafe situations in their work areas. Not only should we be able to recognize these conditions but react to correcting them or reporting them to someone (supervisor/operator) for correction.

- What are some of the conditions to look for?
 - Grease spills or buildups that are not properly mopped up with hot water and cleaner
 - Grease buildup on floors and other walking surfaces that accumulate over time.
 - Ice dropped on a floor, not picked up and melting, becoming water hazard or water splattering from a sink

What is your floor cleaning schedule? Pre-Shift, Mid-Shift, Post-Shift, as needed?

Set it up to clean as soon as a spill occurs, at the end of a cooking cycle, prior to another one beginning, and at the end of each shift. There should be a clear rule to check the floor(s) constantly for signs of grease/residue buildup, and clean as necessary.

What is your standard for changing out water and cleaner/sanitizer in your mop bucket?

You should always use hot water to break down grease/dirt from floors unless floor manufacturer specifies otherwise and change the water often; otherwise you are cleaning with dirty water.

What other contributing factors could have lead to incidents similar to these?

- **Inattention to detail:** Not paying attention to working/living environment. Each area (work or non-work) presents a new set of circumstances to deal with, some of them hazardous. When a person is thinking about home, crew change day, the Saints, their days off, or anything other than the task or duty at hand, focus on safety is lost and the incident rate goes up.
- **Getting in a hurry:** Trying to finish a job before shift end, or having to do a combination of things at the same time without allowing enough time to accomplish the tasks.
- **Taking a short cut:** Trying to lessen the time it takes to do a task by not following safe procedures

How do we prevent these reasons or causes of accidents?

We must recognize that the offshore environment is a dangerous one in which we can be hurt at any time, doing anything! Look at every situation as potentially dangerous to your safety. Do not get in a hurry! Plan your work (JSA) and give yourself time to complete the task. Ask your supervisor for help if time is short in completing a task. Do not take more than the allotted time for breaks and start to work on time.

Never take short cuts to eliminate time needed to complete task. Ask for help and budget your time.