

SLIPS AND FALLS

Suggested Guidelines

Slips, trips, and falls can happen to anyone, anytime, anywhere. No single method can be used to prevent all slips and falls.

The most common causes of slips and falls include: unsafe use of ladders, jumping on or off lift gates, slippery surfaces, inappropriate footwear, poor lighting, obstacles on walkways, inattention and haste.

- * Mop floor area of spills immediately and post a sign stating "WET FLOOR". Never leave spills unattended.
- * An oil absorbing material should be used to control small oil spills in the work place.
- * During inclement weather keep rugs, mats, and floors dry. Snow and ice should be removed from all sidewalks, drives, and access points used by the general public or employees. Post "WET FLOOR" signs.
- * Keep all floors, stairs, ladders, walkways, sidewalks and driveways in good repair.
- * Be aware that electrical cords cause many tripping injuries.
- * Good housekeeping is a must in accident prevention.
- * Stairs, aisles, and walkways should be clearly marked and kept free of any material.
- * Look at each job and work area to consider the possible hazards.

Common hazards include slippery areas, blocked walkways and stairs, use of ladders, electrical cords, poor lighting, and poor housekeeping conditions.

Common preventative measures include the use of proper footwear, warning signs, non-skid surfaces, correct use of tools and ladders, floor mats, proper lighting, and good housekeeping practices.

FIRST AID PROCEDURES FOR VICTIMS OF SLIPS AND FALLS

Suggested Guidelines

Employees should know:

- * What to do in the event of an injury until help arrives.
- * Name of person in organization who is trained in first aid.

The following is a list of basic first aid procedures for various types of slip and fall injuries. Be aware of your organization's first aid procedures and policies which may differ from those listed.

Fractures

- * Symptoms: Swelling, deformity, pain and tenderness, loss of use
- * Gently remove clothing from area around injury. Avoid moving the injured area if at all possible. Check for symptoms.
- * Control bleeding, but do not attempt to push any protruding bones back beneath the skin.
- * Seek medical attention immediately.

Bleeding

- * Control bleeding by gently applying direct pressure with a dry, sterile dressing. If it becomes saturated, do not remove it. Add another dressing.
- * If possible, wear latex gloves or use other methods to protect against transmission of infection from the person's blood.
- * Do not remove any impaled objects. Immobilize the object instead.
- * Seek medical attention immediately.

Neck and spinal injuries

- * Symptoms: painful movement of the arms and/or legs, numbness, tingling, or weakness in arms or legs, loss of bowel or bladder control, paralysis to arms or legs, deformity of head and neck.
- * Check heart rate and breathing; administer CPR if necessary, but do not use head tilt.
- * Do not move the victim unless they are in immediate danger.
- * Stabilize victim to prevent any movement. Immobilize head and neck by placing objects on either side.
- * Protect victim against shock or hypothermia.
- * Do not attempt to splint a victim. Await professional EMS help.

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