

Causes of Falls

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When we think about falls many of us automatically envision falling from a great height. This kind of fall is, of course, very dangerous and most often fatal, and we need to take every precaution to prevent such an occurrence. Today however, our safety meeting will concentrate on the common, everyday hazards that cause slips, trips and falls on the jobsite. Let's review some of the circumstances that can cause falls and the measures you should be taking to reduce the number of slips, trips, and falls on this job.

Tripping hazards exist all over construction sites. You must be alert and keep safety in mind at all times. Start by watching where you're going, especially when you're carrying materials that obscure your forward vision. Additionally, don't create tripping hazards and eliminate any you find. Tripping over a misplaced hose can result in a lot of misery. Keep air and water hoses, welding leads, and welding hoses out of traffic areas. Never place extension cords in passageways; string them overhead and out of the way. Keep aisles, walkways, stairs, and work fabrication areas clean and clear. Pick up and dispose of where tools lying around where someone might stumble over them. Clean up water, grease, and oil spills promptly. Always guard floor holes and wall openings. When using a ladder or getting on or off equipment remember to maintain three points of contact; two hands firmly gripping the side or handrails with one foot on the rung or step, or both feet on the rungs or steps and one hand on the rail. Avoid jumping off of a piece of equipment. Never use a chair or a box as a substitute for a ladder.

Weather also contributes to slips and falls. When placing a ladder after a rain or snowfall be sure you have a firm, solid footing. Rain, mud, frost, snow, and ice are particularly hazardous on walkways, stairs, ladder rungs, equipment steps and scaffolding; make sure they are clean and safe. A good pair of work boots will provide better traction in inclement weather, reducing the possibility of slipping. In cold weather, gloves offer both warmth and protection but keep in mind that your grip may not be quite as tight or secure when you reach for support.

Plain old common sense and good housekeeping are definitely factors that reduce falls, but your awareness and **your** recognition of safety hazards are the most important factors in preventing slips, trips and falls.

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Company Name: _____

Superintendent: _____

Foreman: _____

Project: _____

Work Area: _____

Date: _____

Instructor Signature: _____

Title: _____

ATTENDEE SIGNATURES:

1. _____

11. _____

2. _____

12. _____

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20. _____

JOB HAZARD ANALYSIS (JHA)

Major Tasks to Complete

Hazards Involved

Control Measures

Additional Topics of Discussion: _____
