



Safety Matters

LaMair-Mulock-Condon Co.: Your health care workplace safety partner

Prevent Slips and Falls at Your Workplace

A janitorial employee was scrubbing a hallway with water and a cleaning agent. An observant worker realized that soon, dozens of employees would be going down this hallway on their way to the timeclock. In addition to a slip hazard, a continually wet surface promotes the growth of bacteria and mold that can cause infections.

This person then took the proper action to avert this potentially dangerous situation by setting up a wet floor sign and making sure the floor would dry in a timely manner.

Do Your Safety Part

An unguarded wet floor is only one of the many causes that accounts for millions of work-related injuries every year. Which is why it is important to spot unsafe conditions that could lead to slips and falls, and do what you can to prevent them.

There are various ways to suffer slips and falls while working. You can slip and lose your balance, you can trip over objects left improperly in your walkway or you can simply fall from an elevated position to the ground. To avoid slips and falls, be on the lookout for foreign substances on the floor. Watch for:

- Deposits of water
- Food
- Grease or oil
- Soap
- Paper
- Other debris

Even small quantities are enough to make you fall.

Good Housekeeping Counts

When entering a building from the outdoors or from debris areas, clean your footwear thoroughly. Snowy and rainy weather requires a doormat at each entrance to allow for complete wiping of shoes. Avoid running, walk safely and do not change directions too sharply.

Beware of tripping hazards. Trash, unused materials or any object left in hallways designed for pedestrian traffic invites falls. Extension cords, tools, medical equipment, wheelchairs and other items should be removed or properly barricaded off. If equipment or supplies are left in walkways, report it. Let the proper personnel remove it. And keep passageways clean of debris by using trash and recycling bins.

Practice Prevention

Walk in designated walking areas. Short cuts through machine, storage or cooking areas invite accidents. Concentrate on where you are going – horseplay and inattention leaves you vulnerable to unsafe conditions. Hold on to handrails when using stairs or ramps. They are there to protect you should a fall occur. If you're carrying a heavy load that hampers your ability to properly ascend or descend stairs, use the elevator or find help.

The worst falls are from elevated positions such as ladders, and can result in serious injury or death. Learn and practice ladder safety. For example, when climbing, use a ladder of proper length that is in good condition. Keep it placed on a firm surface. Do not climb a ladder placed on machinery, crates, supplies or boxes. Keep the ladder's base one foot away from the wall for every four feet of height. Don't over-reach. Always have control of your balance when working from a ladder. Never climb a ladder with your hands full.

Slips and falls occur every day. The extent of injuries and their recurrence can be minimized through proper safety knowledge, good housekeeping and practicing prevention.

Slips and falls occur every day. Avoid dangerous situations through good housekeeping and prevention at the workplace.

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