

# Safety-Gram

## Title 45, Chapter 11

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### SLIPS, TRIPS, and FALLS

Slips, trips, and falls are among the most common hazards in the workplace. They put workers at risk of sprains, strains, cuts, bruises, fractures, and other injuries. At worst, they can also lead to death, especially in high-risk occupations such as mining. But with adequate training and safety practices, companies can keep their personnel safe from these hazards.



Wear **appropriate protective equipment** for the job. Avoid loose clothing or accessories that could become caught in moving parts.

Follow **all safety rules and procedures**.

Examine boarding ladders, steps, and grabrails during **pre-operational checks**.

Make sure equipment ladders, steps, and platforms are **securely anchored and well-maintained**.

Check to see that **all fasteners are secured**.

Report **defective equipment** so it can be removed from service and repaired.

Check to see that ladders, steps, and platforms are **free of slipping and stumbling hazards** such as ice, snow, mud, lubricants, or spilled material.

Make sure boarding ladders and travelways are **well-illuminated and unobstructed**.

Make sure travel ways are constructed of, or provided with, **non-skid material** to eliminate slips.

Wear **proper footwear**.

Make sure **footwear is clean** before climbing or descending a ladder.

Make **positive contact with the machine operator** before mounting or dismounting equipment.

Maintain **three points of contact** when climbing or descending a ladder.

Use a cord or rope to **lift and lower supplies or tools**. Never carry personal items or supplies when climbing or descending a ladder.

Wait for equipment to **stop moving** before entering or exiting.

#### Title 45, Section 914

**914.1** Safe means of access shall be provided and maintained to all working places;

**914.2** Crossovers, elevated walkways, elevated ramps and stairways shall be of substantial construction, provided with handrails and maintained in good condition. Where necessary, toeboards shall be provided;

**914.10** Ladderways, stairways, walkways and ramps shall be kept free of loose rock and extraneous materials;

**914.13** Openings above, below or near travelways through which men or materials may fall shall be protected by railings, barriers or covers. Where it is impractical to install such protective devices, adequate warning signals shall be posted;

**914.17** Slippery walkways shall be provided with cleats and handrails and/or ropes;

**914.18** Regularly used walkways and travelways shall be sanded, salted or cleared of snow and ice as soon as practicable.



ALWAYS