

Toolbox Safety Topic

Watch Your Step

At some time or another, all of us have had, seen, or heard of all types of falls, ranging from simply tripping on small obstructions on the ground, to falls from great heights. Injuries include broken bones, sprains, strains, and even death. A person falling on one knee while getting out of a vehicle can have an injury just as bad as a person falling from 20 feet.

What fall hazards do we have in our work area? Some examples are:

- ladders
- scaffolds
- unguarded edges greater than 4'
- slippery, wet surfaces
- tripping hazards
- uneven walking surfaces

(Discuss what can be done to correct the hazard(s) given above and assign responsibility at this time so that hazards can be corrected (or improved) before the next meeting.)

A person can fall for many reasons. Here are a few reminders to help prevent accidents.

1. Keep work areas clean and orderly and walkways dry and clear at all times.
2. Be alert to your surroundings, keep your mind on what you're doing, and strive towards achieving a good physical condition (wear corrective lenses if your eyesight indicates it, stretch to limber up muscles in your back and shoulders, for example).
3. Know your physical limitations.
4. Use available safety equipment, such as hand rails, guards, and hand holds where provided. Wear the right clothing for the job (ex. safety shoes in good repair, slip resistant-soled shoes if you work on floors that are often wet, etc.).
5. Elevated work should be evaluated very closely by your supervisor to determine if scaffolds, man-lifts, boom trucks or other equipment would be more appropriate.
6. When near an unguarded edge which presents a fall hazard of 4 feet or greater, you may be required to wear a full body harness and hook off to an appropriate anchor point if engineering controls (ex. guardrails) or administrative controls (ex. safe work practices, training) are not implemented.

As a general precaution to protect yourselves from falls:

- Watch where you walk.
- Watch where and how you climb.
- Watch how you carry materials.
- Remember to keep your mind on your work and to **watch your step!**

Any questions?

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Date: _____

Meeting Conducted By: _____ Title: _____

Attendees

#	NAME	#	NAME
1		24	
2		25	
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