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## **A Cooperative Effort**

*The Kahnawake Occupational Safety and Health Office along with Mohawk Self Insurance are working closely to reduce workplace injuries. Workplace injuries cost employers, employees, insurance providers and families thousands of dollars each year. By providing the tools through promoting safety, providing training and or training materials and continued safety awareness, together we can reduce workplace injuries.*



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# **“Safety” Is No Accident**



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**Mohawk Council of Kahnawake  
Community Protection Unit  
Kahnawake Occupational Safety and Health**

## **Slips, Trips and Falls**



## **A Leading Cause Of Workplace Injuries**

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# Why is Fall Protection necessary ?



Construction is one of the top high hazard industries, with falls at the top of the hazard list.

Falls from roofs are a specific concern at construction sites and the most frequent cause of for fatal falls in construction.

Although falls in construction are more common , slips and trips can also happen in your building, warehouse, office and just about anywhere.

Fatal falls do not only occur by falls from height, they also happen on level ground.

Keeping in mind the alarming number of fatal falls, which statistics show in the hundreds per year, most falls can be prevented. Learning to recognize fall hazards and taking steps to prevent them is all it takes.

## Fall Protection Tips:

Always keep alert when on a construction site. Slips, trips and falls can occur at any time and can be caused by a number of reasons such as; holes in floors, inadequate fall protection systems, debris, cords and hoses are just some of the hazards. Here are a few tips to you to avoid falls:

Before starting work, identify all potential tripping and fall hazards.

Look for fall hazards such as unprotected floor openings, shafts, stairways, roof openings and edges.

Keep cords, hoses, welding leads out of walkways.

Always wear fall protection equipment which is appropriate for the task.

Ensure you are trained in the proper use of your personal fall arrest system.

Retrain as needed or required.

Inspect fall protection equipment prior to each use.

Immediately notify your supervisor of any hazards.



## Surfaces:

Wet surfaces can be very dangerous. If you must walk on a wet surface slow down and take short steps. Promptly clean up any spills, even a small beverage spill can cause someone to slip and fall.

Avoid walking fast or running on the job or in the office.

Wear proper footwear.

Stay alert for loose or broken tiles, carpets and rugs with frayed or curled edges and corners.

Mark hazard areas with placards or signs.

Use handrails when going up or down stairways.

## Lighting:

Work areas that are well lit reduce the chances of trips and falls. Do not enter dark rooms such as a storage room before turning on the lights. Report and burnt lights immediately so they can be replaced.

## Housekeeping:

A clean work area is a safe work area. Keep work areas, storage rooms and walkways free of obstructions.

## STOP!! Tie-Off



First form of Fall Protection

It  
Keeps  
Families  
Together