



Slips, trips, and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

The information provided in this brochure is for general guideline. It is not intended as a substitute for professional health care. The brochure is not designed to offer medical or legal advice. Please consult a doctor for medical advice and an attorney for legal advice.

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PDCC



PAINTERS

Prevention of Slips,
Trips and Falls



Slips, Trips and Falls ●

Common Hazards

Slips, trips, and falls can sometimes result in more serious injuries such as back injuries, or fractures of the hip, arm, or wrist. Identifying troubled areas eliminating or minimizing hazards will help to prevent future injuries.

Painters are working in a variety of locations with many hazards that need to be assessed. With such diversity of locations, painters must be proactive to assess facility hazards.

Common Causes of Slips and Trips

- Over-reaching while on a ladder or stool,
- Pulling an object improperly,
- Twisting body for leverage,
- Slippery surfaces (ie: oily, greasy or wet),
- Slick or wet floors,
- Weather hazards such as rain or snow,
- Changes in walkway levels and slopes,
- Stairs that are uneven or missing handrails,
- Debris in work area,
- Loss of balance,
- Unsuitable footwear,
- Improper fitting or slippery soled shoes.

Prevention

Slips, trips and falls can be prevented by identifying and eliminating potential hazards ahead of time establishing a safe workplace:

- Remove debris and obstacles creating a safe workplace,
- Clean up spills immediately,
- If unable to clean up a spill clearly mark it with a wet floor sign,
- Routinely clean the floors thoroughly,
- Watch for loose mats, carpets and wrinkled paint dropcloths,
- Have the proper equipment readily available (ie: rags, cleaners, thinners, to clean up spill),
- Identify and assess job-related hazards and report any hazards for prompt maintenance,
- Make sure lighting levels are appropriate,
- Know your physical limitations do not over-reach for or twist when reaching for supplies,
- Make sure to have a level even footing while on a ladder.

Exercise

- Begin a regular exercise program for strength and flexibility.

Personal Protective Equipment

- Utilize anti-slip footwear or boots.

Vision

- Have your vision checked and glasses checked for proper prescription.