

SLIP, TRIP, & FALL PREVENTION: QUIZ ANSWER GUIDE

Below are the questions from the Slip, Trip, and Fall Prevention Quiz (PowerPoint), along with the correct answer and a brief explanation. Also included below are additional discussion questions meant to take the conversation further into safety, and prevention of slips, trips, and falls.

MAKING SURE WORKERS ARE TRAINED IS WHAT TYPE OF CONTROL?

Administrative Control

Administrative controls are people-dependent. Things like training, safe work procedures, and scheduling can all be used to reduce the risk to the person, but they do not REMOVE the hazard itself.

Further discussion: What is one administrative control in place in your organization, and what hazard is it controlling? (this can be for slips, trips, and falls, or as a control for another hazard)

MAKING SURE DEBRIS ARE CLEANED UP AND THAT WALKWAYS ARE CLEAR ARE TWO WAYS TO ENSURE WHAT?

Good Housekeeping

Housekeeping refers to the general cleanliness of an establishment. Good housekeeping can help prevent slips, trips, and falls because that means that spills are getting cleaned up, dropped debris is being picked up immediately, entries/exits are clear, and nothing is blocking walkways and hallways.

Further discussion: How do YOU contribute to good housekeeping? (this may include things like picking up things off the floor, immediately cleaning up spills, reporting potential hazards like a carpet corner that is pulled up).

WHAT IS THE BEST WAY TO STOP SLIPS FROM OCCURRING?

Reduce Wet or Slippery Walking Surfaces

A slip occurs when you do not have enough friction or traction between your shoes and the surface you are walking on. Slips are often caused by spills of liquids or other wet or oily surfaces.

Further discussion: What else could cause a slip? (mud, smooth surfaces such as metal, or any other loose terrain such as gravel, rugs, or mats).

THE MAJORITY OF FALLS HAPPEN AS A RESULT OF WHAT?

Slips and trips on the same level as the walking surface

The majority of falls are the result of a slip or a trip, but falls can be caused by other things, such as climbing ladders, working at heights, stepping into an unmarked hole, or descending from equipment or a vehicle.

Further discussion: Have you ever slipped, tripped, or fell at work? What was the cause? If not at work, have you slipped, tripped, or fell at home? What was the cause?

HOW DO YOU DETERMINE "PROPER" FOOTWEAR?

All of the above

To determine which footwear is appropriate for the job, consider manufacturers specifications, local regulations (in some cases the type of footwear is specified), and consider the job and environment itself. Footwear can range from steel toed-boots to non-slip soles or closed-toed shoes.

Further discussion: Does your job have a footwear requirement? If so, what is the purpose (to prevent slips? To protect your foot from falling items, etc.)? If your job does not have a footwear requirement, should it?

WHICH IS NOT A PREVENTION MEASURE FOR SLIPS, TRIPS, OR FALLS?

Reviewing the Safety Data Sheet

Walking on designated walkways, cleaning up spills promptly, and wearing appropriate footwear can all help to reduce your risk of slips, trips, and falls. Reviewing the Safety Data Sheets is a great administrative control for working with dangerous substances, but not so much for slips, trips, and falls.

Further discussion: Do you have a policy/procedure/process for immediately cleaning up spills? In many organizations this is not formalized, but is known to all staff. What does your organization have in place?

IN WINTER, WHICH IS NOT A PREVENTION MEASURE FOR SLIPS, TRIPS, AND FALLS?

Avoid using sand or salt as an anti-slip material

An important part of preventing slips, trips, and falls in winter months when there is snow and ice on many outdoor surfaces IS using sand or salt as an anti-slip material. The best method is always the removal of the hazard, but in the cases where the snow/ice cannot be removed entirely, the added friction from the sand or salt can help prevent injuries (the salt will help the ice melt too!).

Further discussion: Do you have an outdoor parking lot or large area outside of your organization? If so, what do you do to reduce the risk of slips, trips, and falls. If you do not have your own space (shared lot, rented space, etc.) who do you contact when hazards are identified (such as icy sections, snow buildup, or debris)?

WHICH IS NOT TRAINING THAT WILL HELP PREVENT INJURIES FROM SLIPS, TRIPS, AND FALLS?

First Aid

Training on how to prevent falls in wet, icy or unstable conditions; how to clean up spills; and proper housekeeping standards can help prevent injuries from slips, trips and falls. First Aid is great training to have, but it doesn't help you until AFTER an injury has already occurred. Slip, trip, and fall prevention training is about learning how to be safe BEFORE anyone gets hurt.

Further discussion: Sometimes training focuses more on *after* an incident has occurred. Besides this quiz and associated discussion, what is one training course/session you have received that helped you be proactive about injury prevention?

WHICH OF THE FOLLOWING IS NOT REQUIRED TO CREATE A PROPERLY LIT WORK AREA?

Exclusive use of energy-efficient bulbs

Poorly lit environments can contribute to slips, trips, and falls because they hide other potential hazards (wet or slippery floors, items on the floor or at leg height, and changes in elevation). To ensure you have a properly lit work area, always turn a light on when entering a dark room, keep light switches clear and easily accessible, and replace burned out bulbs immediately.

Further discussion: Do you have any areas in your workplace that are dimly or poorly lit? If so, is there a flashlight or other portable method of illumination available? If not, what can you do (or who can you tell) to reduce the hazard?

WHO IS RESPONSIBLE FOR HEALTH AND SAFETY IN THE WORKPLACE?

EVERYONE

In the workplace, the employer is ultimately responsible for everyone's safety, but they can't do it on their own. EVERYONE has a role to play to keep everyone safe (including yourself!). Injuries from slips, trips, and falls can be prevented, but only if everyone plays their role in keeping the workplace safe.

Further discussion: What can you do TODAY to help make the workplace safer?