



SAFETY INCENTIVE PROGRAM  
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## **SIP TIP: PREVENTING SLIPS, TRIPS AND FALLS**

No this is not a SIPTIP on the way the Browns' season or the Buckeyes championship game went. Falling from great heights is typically what we think of when trying to prevent falls. Whether at the job site or at home we need to take every precaution to prevent and recognize the many conditions that can cause slips, trips and falls. There are many hazards on a construction site. Various trades performing a variety of tasks simultaneously and utilizing different methods and equipment makes you wish you had eyes in the back of your head. Throw in the ever-changing weather and job site conditions and prevention becomes even more challenging. Below are a few things you and your coworkers can do to reduce slips, trips and falls:



### **LEARN TO RECOGNIZE THE HAZARDS**

- Start by watching where you're going, especially when you're carrying material that obscures your vision.
- Keep the site clean of debris and tripping hazards. Dispose of scrap properly.
- Store materials neatly.
- Keep hoses and cords out of traffic areas.
- Don't leave tools lying around where someone might stumble over them.
- Clean up water, grease or oil spills properly.
- **Always** guard holes in floors or roofs properly and mark them "HOLE".



### **USE PRECAUTIONS ON STAIRS AND LADDERS**

- Only use ladders that have passed inspection.
- Choose a ladder that's the right height for the job.
- Place ladders firmly on level surfaces.
- Keep three points of contact on a ladder at all times.
- Make sure stairs are clear of tools, material and debris.
- Report damaged or missing treads and/or rails.

### **BE AWARE OF RAIN, MUD, FROST AND SNOW**

- Keep scaffold planking clean and clear. Report damaged planks.
- Keep ladder rungs and stair treads clear of mud.
- Make sure there is a supply of salt or calcium on site for frost and snow.
- A good pair of boots provides better traction in inclement weather.
- Gloves offer both warmth and protection but be aware that your grip may not be as secure.

### **REMINDER:**

**No one is exempt from a slip, trip or fall. Be alert and safe.**