

Safetygram

NCI-Frederick

ISM-111

GENERAL

September 2008

SLIPS, TRIPS, AND FALLS

Slips, trips, and falls may not sound particularly dangerous, but they are among the leading cause of occupational injuries at the NCI-Frederick. Observe the following precautions:

DO'S:

Wipe up spills immediately. Spilled water, coffee or melted ice can be as slippery and as dangerous as oil or grease if you step on it.

Report hazards and follow up to make sure they are eliminated. These include cracked or chipped tiles, uncovered floor drains, and uneven surfaces.

Report to the Trouble Desk at FME (x1068) burned-out light bulbs, especially those in stairways where darkness can be dangerous.

Wear nonskid shoes if the floor in your work area is often wet.

Hold onto stair handrails.

Make sure you can see where you're going. Don't carry high loads or large boxes that obscure vision.

Stay clear of the edge when working from a platform. Be extra cautious if there are no barricades or handrails.

Take extra care if you are fatigued or on medication. You may be more susceptible to an accident at these times.

DON'TS:

Leave boxes, scrap, tools, or other clutter where they can create a tripping hazard.

Stretch electrical cords across walkways, not even for "just a minute." It only takes a second for someone to trip on them and be seriously injured.

Take short cuts through dark or cluttered areas.

Run, especially on stairs or on slippery surfaces.

Overreach when you're on a ladder.

Take shortcuts across the grass

Please phone EHS at x1451 if you have any questions or require additional information.

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