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Safety Discussion

STF Injuries

Sprains and Strains

Bruises and Contusions

Fractures

Abrasions and Lacerations

Typical Injury Sites

Knee, ankle or foot

Wrist or elbow

Back or shoulder

Hip

Head

SLIP - too little friction or traction between feet and walking or working surface, resulting in loss of balance.

TRIP - Foot or lower leg hits object and upper body continues moving, resulting in loss of balance.

-Stepping down to lower surface and losing balance.

FALL - occurs when too far off center of balance

Two types:

- 1. Fall at same level
- 2. Fall to lower level

Ways to Prevent Slips, Trips and Falls

- 1. Where possible, avoid walking on wet/slippery surfaces; wipe off the bottom of wet footwear.
- 2. Use flashlights or helmet lights to stay clear of holes or floor openings, wet or slippery surfaces, and debris or equipment.
- 3. Do not step on any surface until you have visually inspected it to ensure there are no holes or weak spots and that it can support workers and their equipment.
- 4. Never carry equipment or loads in your hands when climbing ladders.
- 5. Wear backpacks and tool belts to hold equipment and keep both hands free.
- 6. Use fall protection when walking or performing emergency response activities near unprotected edges of elevated surfaces.
- 7. Use communication devices, particularly hands-free devices, for contacting employers/incident commanders and other workers about slip, trip and fall hazards.

Follow Up Questions

Do all employees fully understand slip, trip and falling hazards, and the preventive measures?
☐ Yes ☐ No ☐ N/A
Are there factors which can cause accidents to happen?
☐ Yes ☐ No ☐ N/A
List the factors observed
Are there recent accidents occurred?
☐ Yes ☐ No ☐ N/A
Are there any other concerns?
☐ Yes ☐ No ☐ N/A

Other concerns

Full Name and Signature

Confirmation	
Competent Person (Full Name and Signature)	
By signing this, you confirm that the information fully understood.	discussed during this meeting were
Click + to add signee who participated during the	e toolbox talk meeting
Signee	

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