

## Slips, Trips & Falls

With the cold weather comes ice and snow. Agricultural workers are at potentially higher risk for injuries from slips, trips and falls when ground surfaces and equipment become icy and slick. Fractures, bruises, contusions to the back, head, and joints are the most common injuries to workers who slip or fall. However, 617 U.S. workers actually died from falls in 2009 (BLS, 2009). Recommendations to prevent these incidences are below.

1. Keep aisles and walkways free of clutter and debris.
2. Clean up oil spills.
3. Maintain a clean workplace.
4. Put away tools.
5. Install guard rails or fences around feed throw down holes and other openings.
6. Spread sand or salt on icy surfaces.
7. Keep steps and platforms of tractors and other equipment clean and dry.
8. Wear slip resistant boots or shoes.
9. Never jump from a tractor or other machinery.
10. Don't carry tools, chains, etc. on the platform.
11. Use the 3 point system. (Either 2 hands & 1 foot or 1 hand and 2 feet on the machine at all times.)
12. Only operate equipment from the seat.
13. Maintain safe speeds.
14. Never allow passengers to ride on tractors or machinery-that includes ATVs.



Many injuries and fatalities from slips, trips and falls can be avoided if workers pay attention and take their time. Injuries can occur when we get in a hurry or don't take care of the workplace properly. Preventative measures take less time and money than recovery from a workplace injury.

### Resources

<http://www.bls.gov/iif/oshwc/foi/cfch0008.pdf>

<http://www.bls.gov/iif/oshwc/foi/cftb0241.pdf>

[http://www.nasdonline.org/static\\_content/documents/19/d001639.pdf](http://www.nasdonline.org/static_content/documents/19/d001639.pdf)