

– July 2005 –



Tips on Slips, Trips, and Falls

Slips, trips, and falls are involved in many work-related injuries. To prevent them, everyone must follow proper procedures to protect themselves and each other.

Good housekeeping is important, every day:

- Don't leave tools, parts, or anything else where people can trip over them.
- Keep walkways clear.
- Don't store anything on steps, and keep steps clean and dry.
- Close open drawers and cabinets when not in use.
- Clean up spills immediately, place warning signs by wet floors, and dry them if possible.

Follow procedures when working with equipment:

- Never jump down from a tractor, wagon, truck, etc.
- When mounting or dismounting, always face the machine, and always use the three-point system - keep at least both feet and one hand, or both hands and one foot, in contact with the steps or ladder.
- Keep equipment steps clean and clear of tools, parts, etc.
- Never be an extra rider on a tractor or other farm machine.

(see other side)

Safety Training for Employers and Supervisors of Adolescent Farmworkers



Use Ladders Safely (see Tip Sheet on Ladder Safety):

- Inspect ladders before using, and never use a cracked, bent, or broken ladder.
- Follow proper setup procedures - ask you supervisor.
- Never put a ladder on unstable footing or in the bucket of a front-end loader.

Be Responsible:

- No horseplay. No running.
- Do not change directions suddenly while carrying something.
- Use handrails on steps.
- Turn on the lights in dark areas.
- Wear good, slip-resistant footwear.

Tell your supervisor if you see slip, trip, or fall hazards, such as:

- Broken or uneven floors, walkways, steps, or ladders
- Wet or slippery areas
- Floor openings that should be guarded
- Anything else that might result in a slip, trip, or fall

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