



# Hanover County Safety & Risk Management Communication

Happy Safety & Risk Friday (#SafetyFriday)! The month of June is National Safety Month. Each week in June, information will be provided on a topic to be covered as part of selected topics provided by the National Safety Council. This week's short subject is on Fall Prevention.

## Safety & Risk Tip of the Week:

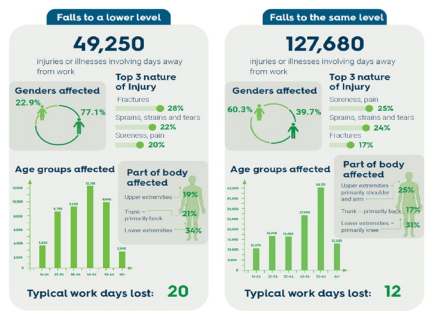
Slips, trips and falls were the second leading cause of workplace death and the third leading cause of workplace injuries resulting in days away from work in 2020. Falls can happen anywhere. According to recent fatal injury statistics (BLS.gov), there are more than 600 fatal falls annually. Many workers may be surprised to hear that about 2 out of every 3 are falls from less than 20 feet high. Whether it's working at heights or tripping on the same level, you always need to keep your eyes out for hazards. Better understanding the data can help you prevent needless injuries. When it comes to falls at any height, prevention is key! Here are a few useful tips that can help prevent falls from any height or in any situation:

- Before performing a task, Supervisors and workers should perform a walk-around inspection of their site before starting work to find any possible fall hazards.
- If working from heights, fall protection or fall arrest is needed when working near any unprotected side or edge which is 6 feet or more above a lower level. This may include the use of passive fall arrest systems such as handrails, covers or similar protective elements or active fall arrest systems such as use of a full body harness and fall arrest lanyard. These may be used separately or in combination, depending on the nature of the risk involved (i.e. use of an aerial boom lift requires use of fall arrest to prevent an operator from falling out but also utilizes handrails to protect the user).
- Check stairways for loose or missing railings, broken or slippery stairs, and clutter.
- Walk at a brisk pace if necessary, don't run.
- Don't stand on boxes or chairs in place of using step stools or ladders for overhead access.
- Don't let objects you carry block your vision.
- Make sure your work area or the location you are traveling in has adequate lighting.
- If you can't remove an obstruction, walk around it, not on it.
- Use handrails to stabilize yourself as missing a step when descending a stairway can cause a fall, resulting in serious injury.
- Carrying bulky loads on stairs is risky, so take multiple, smaller trips or use an elevator if available.
- Watch out for wet surfaces. Chemical spills, grease, oil, water and ice can result in dangerous walking conditions and should be cleaned up as quickly as possible or identified with signs until spilled materials can be properly cleaned.
- Keep your work area clean and free of debris at all times.

**Remember, always stay alert to prevent the possibility of a fall catching up to you!**

## Safety & Risk Statistics & Resources:

Falls injuries and illnesses involving days away from work in 2020



For additional resources on Injury Prevention, please visit the [National Safety Council Website](#).

## Additional Information & Resources:

- [Slip, Trip & Falls Review \(YouTube\)](#)
- [Fall Prevention at heights \(YouTube\)](#)
- Elevation Change assessment tool

