

# Tips for a slip-free workplace

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# Learning objectives

1. Understand the impact of slips, trips, falls
2. Identify how slips, trips and falls happen.
3. Learn how you can prevent them.
4. Leverage your free resources.
5. Remember the key takeaways.

# Why slips, trips, falls?

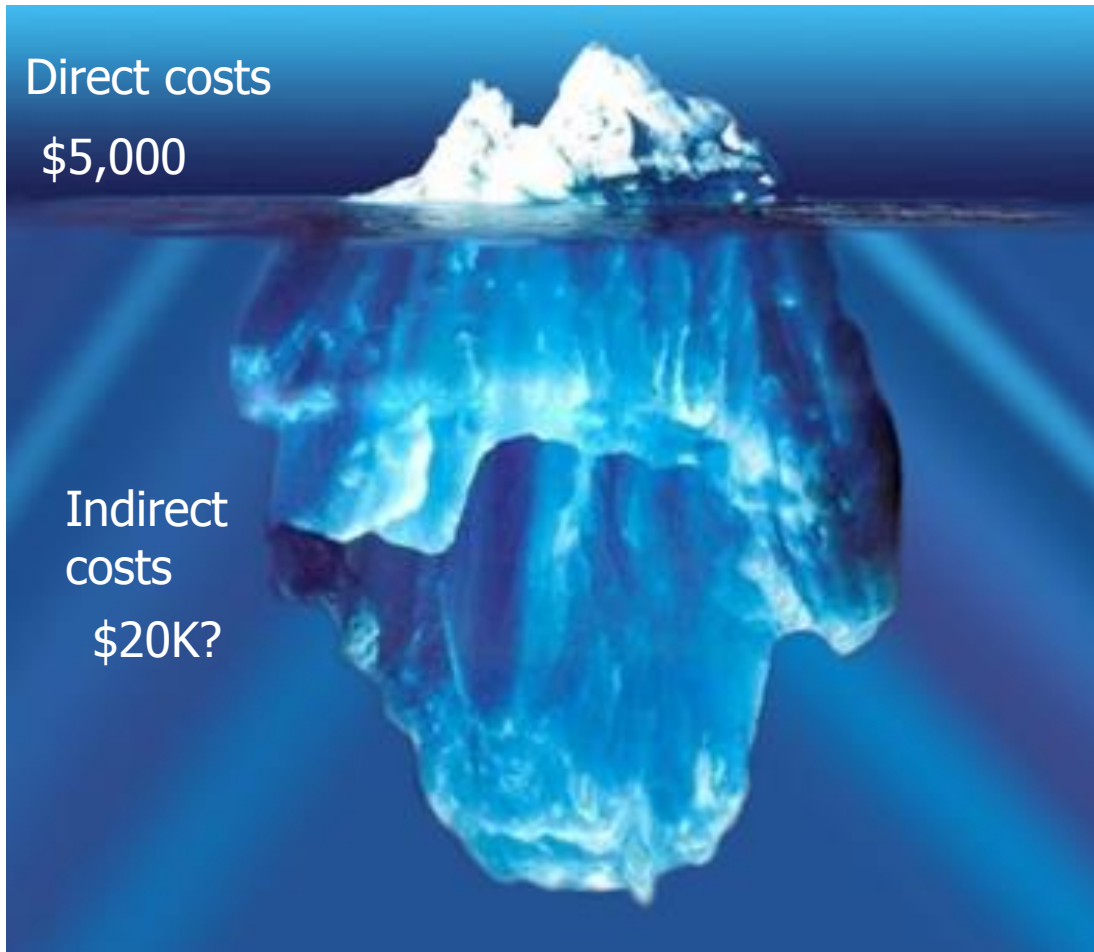
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# Human costs of injuries



# Monetary costs of injuries





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# \$2B Since 1999

## Texas Mutual Board Approves \$240 Million Policyholder Dividend Distribution

📅 MAY 26, 2016 [🗨️ LEAVE A COMMENT \(EDIT\)](#)

Texas Mutual's board of directors voted unanimously to approve a company-record \$240 million dividend distribution in 2016. Qualifying policyholder owners across Texas will share the dividend, which will be distributed beginning in July.

This is the 18th consecutive year the board has voted to distribute policyholder dividends, bringing the total to over \$2 billion. Over \$1 billion of that has been paid since 2012.

Texas Mutual is owned by its policyholders, not stockholders, which means the company shares its success by distributing dividends to policyholder owners who have made a commitment to preventing workplace accidents and helping injured workers get back on the job.



**Dividends are based on performance, and they are not guaranteed. Additionally, dividends must comply with Texas Department of Insurance regulations.**

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# 2 types of slips, trips, falls

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Extension  
cord

Wet  
floors

Blind  
corners

Frayed  
rugs

Open  
drawers

Uneven  
walking  
surfaces

**Falls from same level**

# Falls from heights

```
graph TD; A[Falls from heights] --> B[Stairs]; A --> C[Loading docks]; A --> D[Ladders]; B --> E[Scaffolds]; C --> F[Roofs]; D --> G[Skylights];
```

**Stairs**

**Loading  
docks**

**Ladders**

**Scaffolds**

**Roofs**

**Skylights**

# Preventing falls from the same level

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# Promote safe behavior

Slow down

Pay attention

Walk cautiously

Carry manageable loads

Push; don't pull

# Practice good housekeeping

Clean up spills as soon as possible

Fix leaky faucets, refrigerators

Keep walkways, stairs, exits clear

Replace burnt-out light bulbs

Repair damaged walking surfaces

# Use PPE: Floor mats

Pick a clean,  
dry surface

Choose  
the right  
size



Place  
strategically

Keep 'em  
clean

# The shoe may fit...

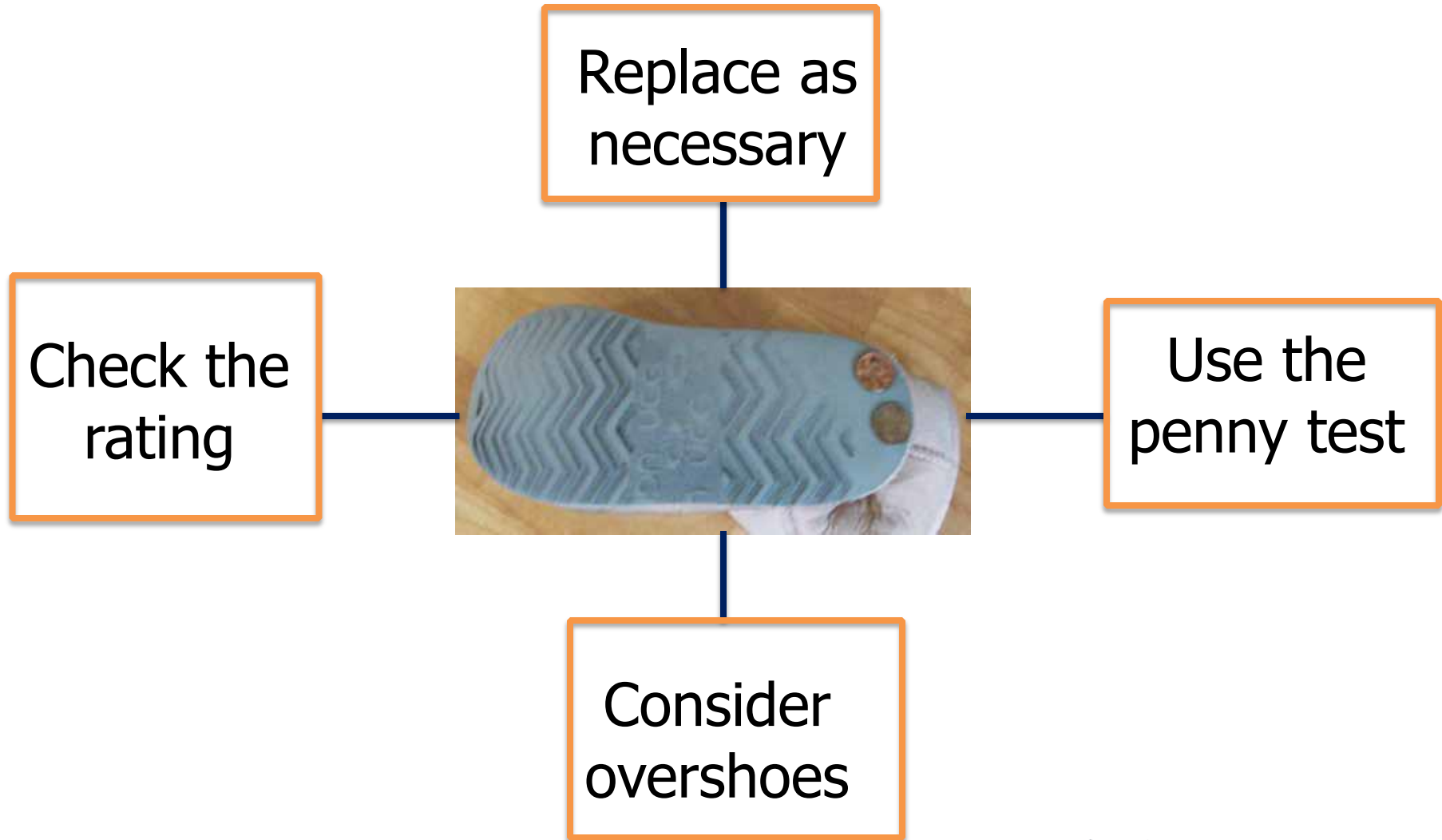




But don't wear it!



# Use PPE: Slip-resistant shoes



# Preventing falls from heights

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# 3 steps to ladder safety

1

Set the stage for safety

## Avoid substitutes



# 3 steps to ladder safety

1

Set the stage for safety

## Choose the right ladder



# 3 steps to ladder safety

1

Set the stage for safety

## Inspect the ladder

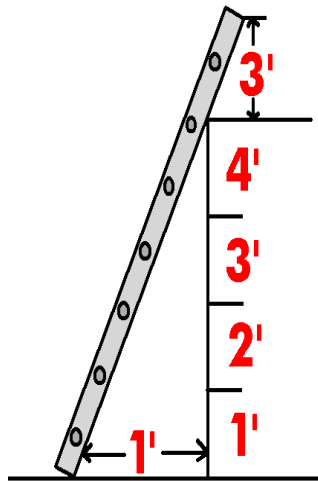
- Damage
- Loose parts
- Missing parts
- Grease on rungs



# 3 steps to ladder safety

2

Establish a firm base



- Never set up near power lines
- Firm, level surface
- Don't create trip hazards
- 4/1 ratio

# 3 steps to ladder safety

3

Behave yourself

- Face the ladder
- Don't over-climb
- Maintain 3-point contact
- Know & accept ladder's limits
- Use the belt buckle rule
- Don't "hop" the ladder

# Stairway safety tips





# Skylights have limits

## 3 tips for working around skylights

1. Guard them as required by OSHA
2. Don't test a skylight's limits
3. Use the "big 3" in fall protection
  - Guardrails
  - Safety nets
  - Personal fall arrest system

# Get free resources

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Incident analysis

Oil & gas safety

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Safety resource center

Return-to-work tools

Safety courses

Safety slide show

Teen workers

## Preventing Accidents

Texas Mutual Insurance Company is on a mission to make Texas a safer, more productive place to work. A solid workplace safety program can help employers:

- Protect your employees' well-being
- Lower your workers' compensation costs
- Reduce the costs associated with workplace accidents
- Maintain productivity by keeping experienced workers on the job
- Potentially earn **dividends**

Texas Mutual offers free resources to help you launch a workplace safety program or improve an existing program.

### What our policyholders say



#### Safety services

An effective safety program can keep your employees on the job, reduce your premium and earn company dividends.

2


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


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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 > >>

Product	Language	Media
*SAFETY RESOURCE CATALOG-COMPLETE GUIDE	<a href="#">English</a>	Handout
*SAFETY RESOURCE CATALOG-DOWNLOADS ONLY	<a href="#">English</a>	Handout
*TOOLBOX TALKS FLYER	<a href="#">English</a>	Handout
10 WAYS TO IMPROVE YOUR SAFETY PROGRAM	<a href="#">English</a>	Poster
3 POINT CONTACT DECAL	<a href="#">English</a>	Poster
	<a href="#">Spanish</a>	Poster

# Summit Streaming Video Slips Trips & Falls Instructor (Streaming) English

## Course Documents

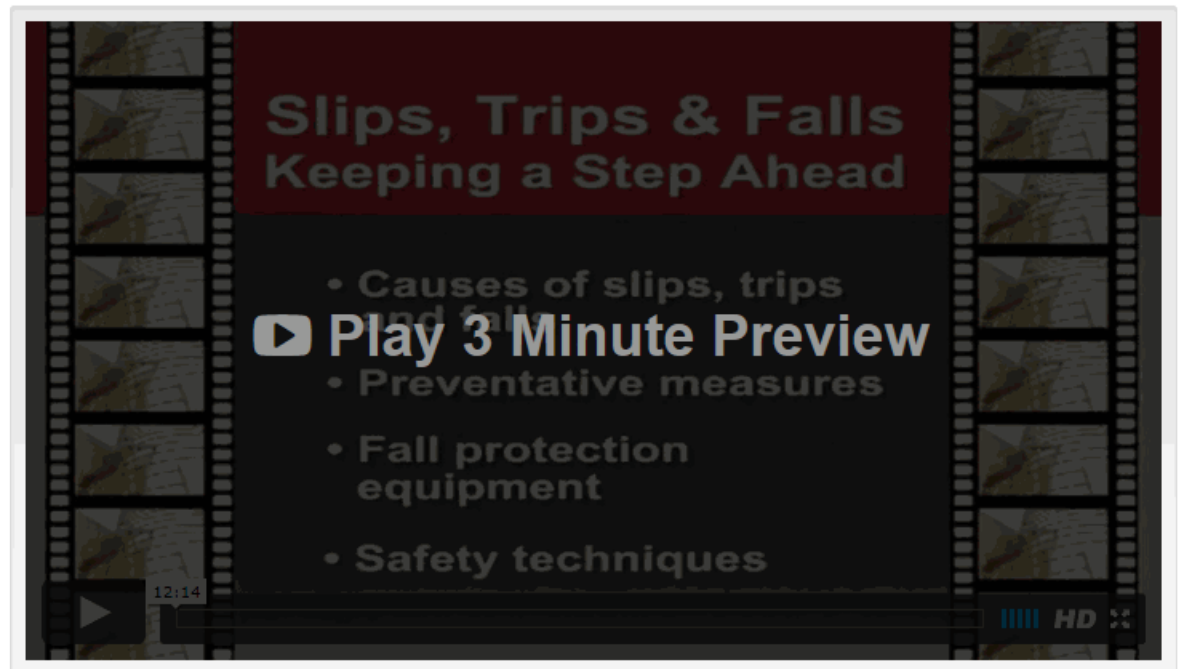
- |  |                          |
|--|--------------------------|
|  Facilitator's Guide | <a href="#">Download</a> |
|  PowerPoint          | <a href="#">Download</a> |
|  Quiz                | <a href="#">Download</a> |

[Click Here To View Full Video](#)

## Course Description

Slips, trips, and falls in the workplace are 100% preventable, and yet taken together they are the second leading cause of work related deaths. Included in this superb program from Summit is vital information about fall protection equipment, as well as: Runtime: 12 min

## Course Preview




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[VIEW SAFETY GROUP RESOURCES \(TMI EMP\)](#)

[VIEW MY CART](#)

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## Safety Pays. Falls Cost.

Falls are the leading cause of death in the construction industry. Unprotected sides, edges, skylights, holes, wall openings and other hazards claimed the lives of 3,500 construction workers during the past 10 years. Those workers represent almost half of the fall fatalities for all industries combined. Your employer doesn't want you to become a statistic. We encourage you to protect yourself by following these simple tips every day:

- Remember that OSHA requires you to use fall protection when working at elevations of six feet or higher.
- Know which fall protection is required in each situation, and use it every time. If you are unsure, ask a supervisor.\*
- Guard or cover all openings, holes and skylights.
- Inspect scaffolds for broken, weak or missing planks, supports, guardrails and other damage. Scaffolds must be fully decked and outfitted with mud sill base plates, guardrails, ladder access and toe boards. An individual life line and fall protection harness is required for suspended scaffolding.
- Use ladders properly:
  - Set up using the 4/1 ratio: The ladder should be 1 foot away from the wall for every 4 feet of ladder height. The 4/1 ratio is important because if you put the base of a ladder too close to a building, it could tip over. If you put the base too far away, the ladder could slip out from under you.
  - Face the ladder at all times.
  - Maintain three-point contact: one hand and two feet, or two feet and one hand on the ladder at all times. This rule also applies when you are getting in or out of a vehicle.
  - Keep your body between the side rails to avoid over-reaching.
  - Consider using the free ladder safety app developed by the National Institute of Occupational Safety and Health: <http://www.cdc.gov/niosh/topics/falls/>
- Keep your work area clean and free of tripping hazards.

### \*Want more information on fall protection?

Body belts, chest harnesses, suspension belts and safety nets are just a few examples of the many types of fall protection that can save a worker's life. Choosing the appropriate protection for each situation is critical. Texas Mutual's Toolbox Talk, titled "Fall Protection," provides guidance for you and your employees. Download the document in English and Spanish in the safety resource center at [texasmutual.com](http://texasmutual.com).

### Stand down for safety

The Occupational Safety and Health Administration will host its annual construction industry Stand Down for Safety event between May 4 and May 15. The stand down is an opportunity for management to talk to employees about the consequences of falls and remind them to follow safety procedures. For more information about the event, including free educational materials, visit <https://www.osha.gov/StopFallsStandDown/>.



## Get Free Safety Topics Delivered to Your Inbox

Toolbox Talks streamline your safety meetings

Training is a core element of any solid safety program. Texas Mutual's free Toolbox Talks help you streamline your safety training and engage your employees in the message.

Each single-topic Toolbox Talk is:

**Free.** Toolbox Talks are a benefit of your Texas Mutual coverage.

**Convenient.** Once a month, we'll send a new Toolbox Talk to your inbox.

**Short.** Supervisors can hold safety meetings in as little as five minutes.

**Multipurpose.** Each one-page Toolbox Talk includes a short safety message and discussion questions.

**Interested?**

Send an email to [safety@texasmutual.com](mailto:safety@texasmutual.com) with Toolbox Talks in the subject line. In the body of your email, give us the following information:

- ▶ Company name
- ▶ Policy number
- ▶ Person to receive the monthly topic
- ▶ Email address



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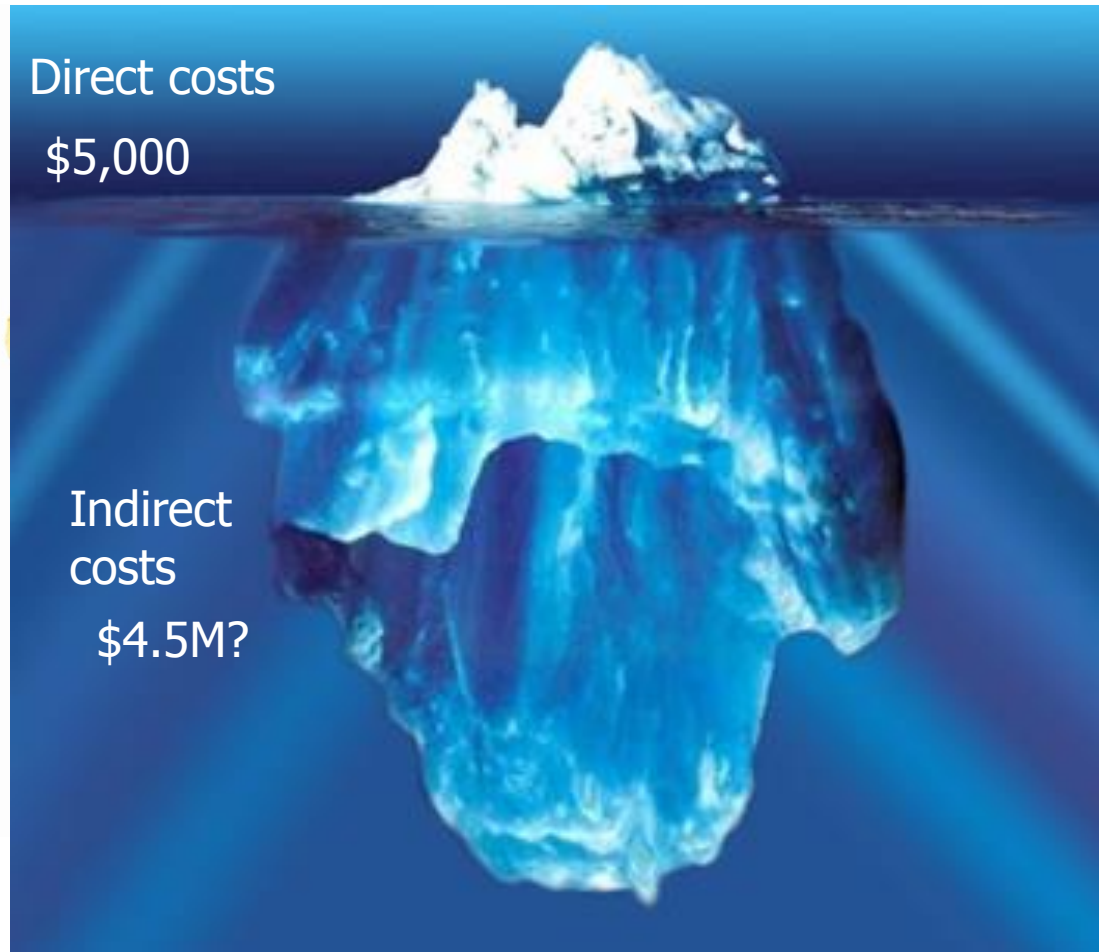


# Key takeaways

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# Slips, trips and falls carry costs



# \$2B Since 1999

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# The hazards are common across industries

Slick floors

Cluttered walkways

Unsafe behavior

Poor facility conditions

Damaged equipment

Lack of personal protective equipment

# How do you protect employees?

Promote safe behaviors

Practice good housekeeping

Require PPE, but don't rely on it

Use your free resources

# Join our July webinar

**Topic: Safety currents**

**Description: We'll discuss trending safety issues you need to know about, including OSHA regulations**

**Date: July 1, 2016**

**Time: Noon – 12:30**

**Register: <http://ow.ly/QgIH300OVZh>**