

Our Problem:

How to Stop



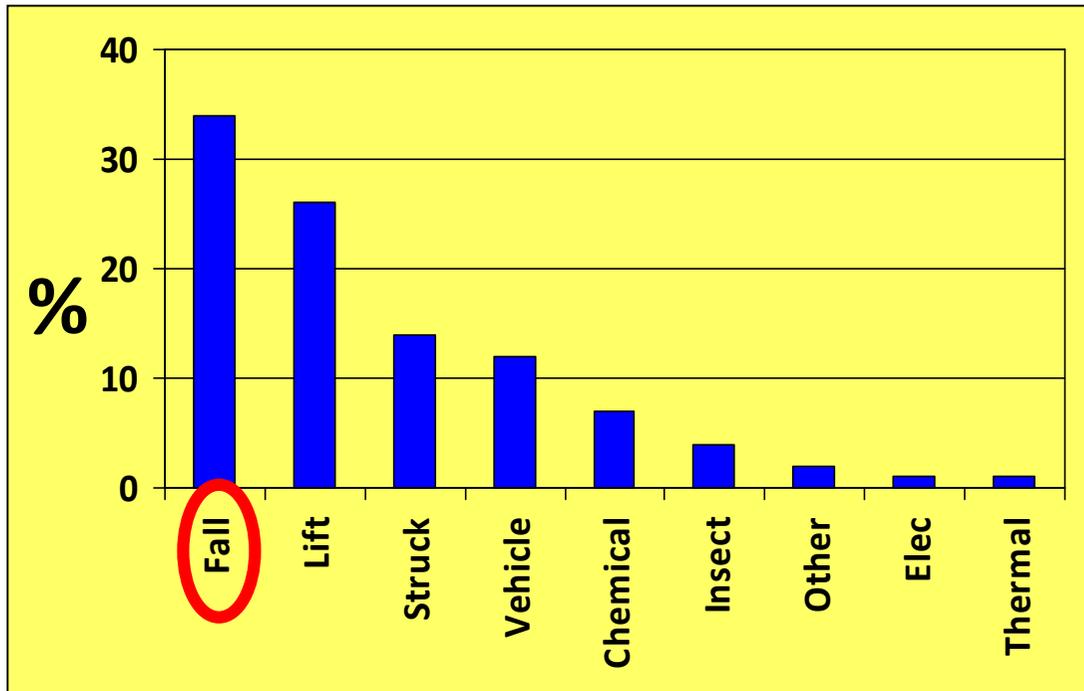
FALLS



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Types of Accidents



Falls - #1

1989-2006

100 Falls in 15 Yrs

2007-2012

51 Falls in 5 Yrs

47% Increase



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Slip



When there is too little friction or traction between your feet (footwear) and the walking or working surface, and you lose your balance.

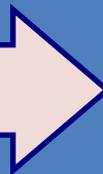


Trip



When your foot (or lower leg) hits an object and your upper body continues moving or you step down unexpectedly to a lower surface, i.e., stepping off a curb or misstep on a stairway, and you are thrown off balance.

Can lead to:



Fall

Occurs when you are too far off your center of balance and can no longer stand.



RESULTS of Fall Accidents



- Injuries to hands, wrists, arms, ankles, knees, back, head
- Medical Costs
- Time to Recuperate
- Time Away from Work
- Temporary/Permanent Disability
- Restricted Work
- Decreased Productivity
- Increased Insurance Premium



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WHO FELL



QTY	ORGANIZATION	PAID CLAIMS *
14	Internal Operations	\$70,070
12	GSD FM Building Maintenance	\$164,904
7	Human Resources – TEMPO	\$42,917
6	Division of State Information Technology	\$7,030
3	GSD FM Custodial	\$7,129
1 each	Confederate Relic Room	\$35
	GSD FM Building Systems	\$521
	GSD Surplus Property	\$382
	GSD Interagency Mail Services	\$25,285
	GSD Administration	\$50
	GSD FM Parking	\$1,480
	GSD FM Administration	\$1,530

In last 5 years - \$331,333
(1 Jan 2007 – 15 Mar 2012)

1975 to Date *
\$1,535,540

Largest Claim
\$364,793
(1975)

Average Claim
\$7,099

* - State Accident Fund



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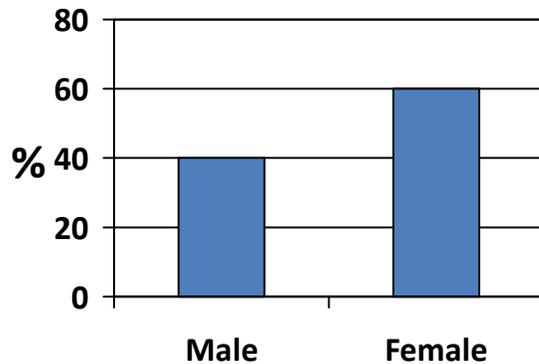
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WHO FELL



Typical Employee Injured in Fall:

- Female Office Worker
 - 1) Going Up/Down Stairs
 - 2) Wet Floor
- On a Thursday in March
 - 1) Arrive to Work 8:00-8:30
 - 2) Break Time 10:00-10:15 AM



CAUSES Fall Accidents



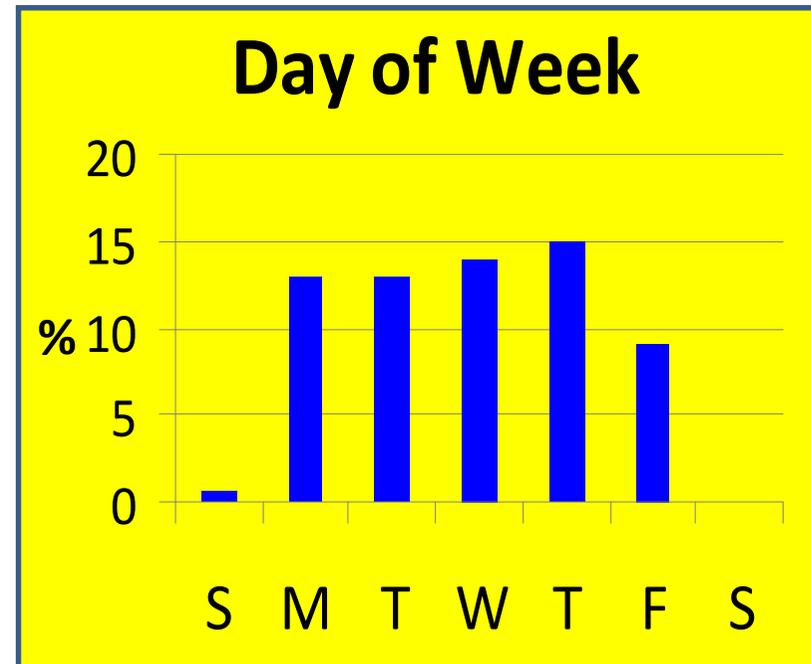
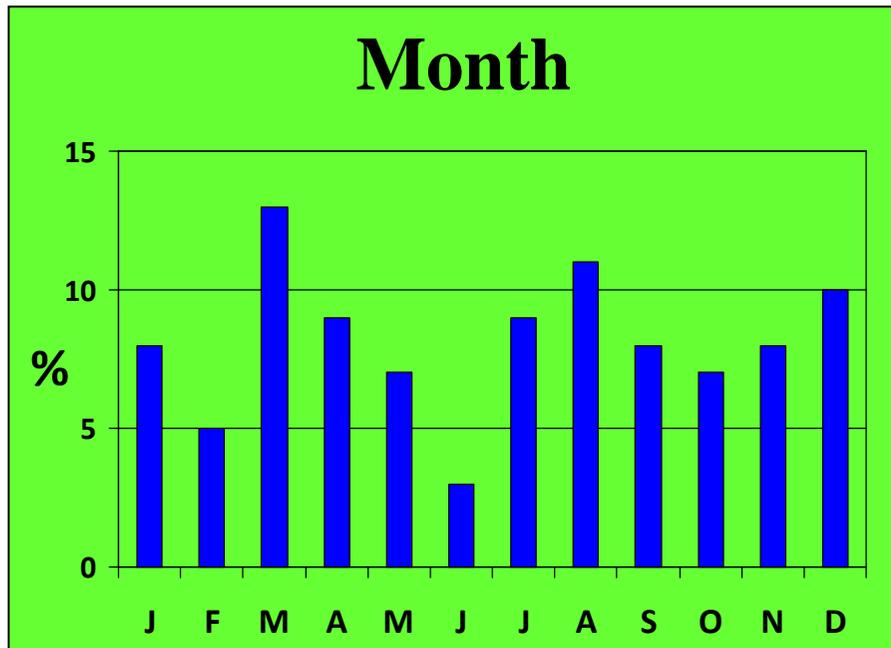
%	CAUSE
18%	STAIRS
16%	FLOOR – Wet / Icy
5% each	FLOOR – Foreign Object LADDER
4% each	CHAIR – Getting In / Out CURB / PARKING CURB / SPEED BUMP FLOOR – Other UNEVEN WALK SURFACE
2% each	VEHICLE – Getting In / Out MATERIALS HANDLING – OFF BALANCE
1% each	IMPROPER PRODECURE CLOTHING ELEVATOR MALFUNCTION DOOR THRESHOLD ILLNESS



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WHEN Fall Accidents Happened

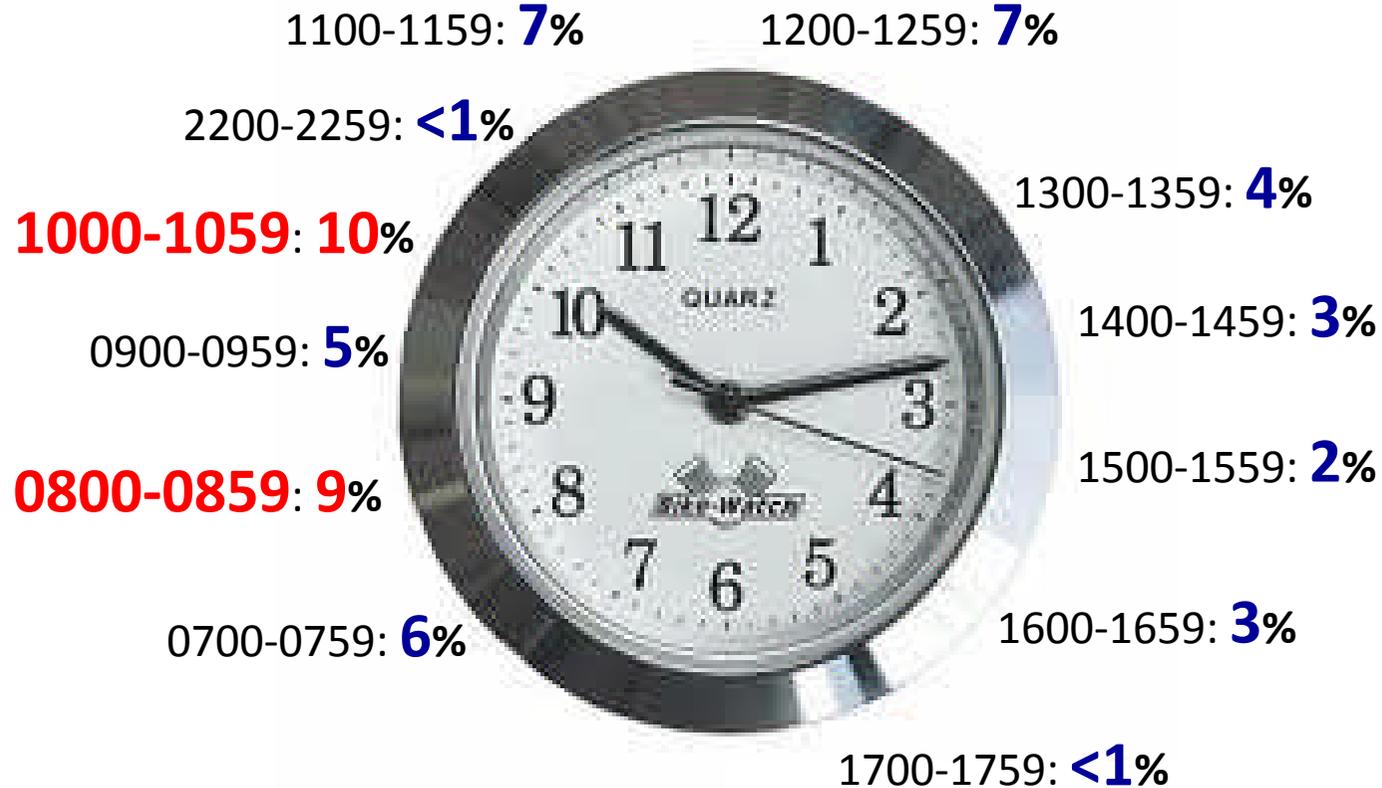




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WHEN Fall Accidents Happened



Don't



FALL

For It !!!



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PREVENTING Fall Accidents YOUR ACTIONS



PAY ATTENTION – Watch Where You Are Going

- **Adjust Stride:** When there is a change in type of walk surface (Carpet to/from Vinyl / Marble Flooring)
 - *Slow Down* and *Take Shorter Steps*
 - Point your toes slightly outward
 - Make wide turns at corners





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PREVENTING Fall Accidents YOUR ACTIONS



PAY ATTENTION –

Watch Where You Are Going

Avoid Distractions

- Cell Phone
- Texting
- Talking





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PREVENTING Fall Accidents YOUR ACTIONS



PAY ATTENTION – Watch Where You Are Going

Use Walkways



Instead of shortcuts
(across uneven ground)



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PREVENTING Fall Accidents YOUR ACTIONS



Take Your Time – Don't hurry, rush around, move too fast for conditions





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PREVENTING Fall Accidents FLOORS



Clean up clutter in work areas, aisles & walkways

- Sweep; Put away tools, equipment & storage
- Close drawers

Keep Floors Clean



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PREVENTING Fall Accidents FLOORS



Clean up spills

- Use Wet Floor Signs
- Use absorbent for oil / grease





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PREVENTING Fall Accidents FLOORS



Power Cables

- Do not route across walkway or Under Rugs
- Use cable protector





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PREVENTING Fall Accidents FLOORS



**Report Damaged Walkways
for Repair**



**Worn, loose or
wrinkled carpet, mats
& runners**



**Uneven
Sidewalks**



Broken stair tread





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PREVENTING Fall Accidents FLOORS



Put **Non-slip Floor Mats**
at entrances when
Rainy or **Icy...**



and
Wet Floor Signs
Until Dry



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PREVENTING Fall Accidents SHOES



Taps on heels



Slick smooth-
surfaced soles



High heels

Footwear That Reduces Traction Is Not Suitable

PREVENTING Fall Accidents **SHOES**



SOLES and HEELS Should be SLIP RESISTANT

- Leather soles are good for most environments
- Soft rubber is not good for wet or greasy
- Hard rubber is good for greasy surfaces
- PVC or polyurethane is best around chemicals or petroleum products
- Deep tread is best for a lot of water
- Clean off dirt, mud, grease, oil



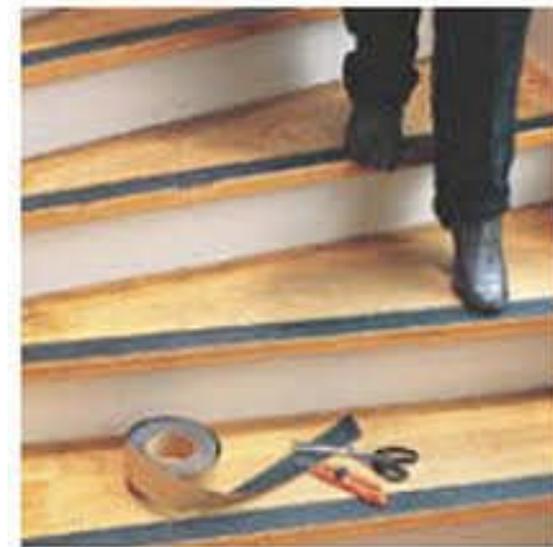
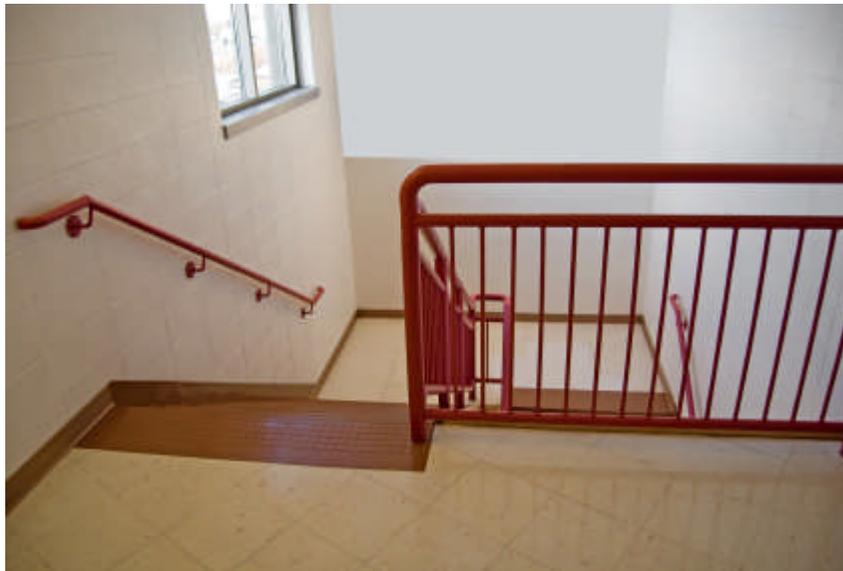
High heels are prone to Slips, Trips & Falls



PREVENTING Fall Accidents STAIRS



Ensure stairs are well lighted



**Do not store items
on stairs or in
the stairwell**



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PREVENTING Fall Accidents STAIRS



- **Use the hand rail** for stability and to help pull yourself up the stairs
- **Take one step at a time**



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PREVENTING Fall Accidents STAIRS



Carrying oversized or too many objects:

- Obstructs your view
- Impairs your balance
- Keeps you from holding onto handrails

Use **Hand Truck, Cart** or **Elevator** instead of stairs when carrying large heavy packages

- See where you are going
- Prevent hurting your back





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PREVENTING Fall Accidents

Watch for Changes in Elevation



Curbs



Speed bumps



Sidewalks

PREVENTING Fall Accidents VEHICLES



When climbing down from or mounting a vehicle:

- Have a good hand hold
- Pull yourself up / let yourself down
 - Reduces the force between your shoe and the step thus reducing the chances of a slip

Practice the “Three-Point” Climbing Method

- Two hands and a foot or two feet and a hand always in contact with vehicle step





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PREVENTING Fall Accidents LADDERS



**Put Up Ladder
At 4-to-1 Angle**

Climb using the “Three-point” Method

- Two hands and a foot or two feet and a hand always in contact with the ladder
- Do not carry tools / materials while climbing

Do Not Over-Reach



1



2



3

**Falling off of ladders
is as easy as . . .**

THE END

QUESTIONS:

Bernie Lee

OSHA Officer II / Resident Fire Marshal

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