



FALLS

How can you help prevent falls?

Slips, trips and falls are a leading cause of workplace injury and death:

227,760 injuries and 887 deaths annually



Don't be complacent when it comes to fall hazards.

- Be aware of your environment
- Avoid distractions
- Keep work areas clean
- Take your time and don't rush – especially around corners and doorways
- Wear the proper personal protective equipment
- Choose the right footwear for your work
- Use the correct ladder or scaffolding for the job
- Always hold the handrail when using the stairs
- Never carry too much in your hands or anything that obstructs your view
- Watch where you are going
- Keep an eye out for changes in elevation
- Report any fall hazards you find



Falls, slips, trips

3rd leading cause of work-related injuries

- **Injury rate:** 23.1 per 10,000 full-time workers
- **Age group** most at risk: 55 and over
- **Industries** most at risk: transportation and warehousing and agriculture
- **Typical days lost:** 12
- Most frequent **type of injury:** sprains, strains, tears

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For more information on this and other safety topics, visit the member-exclusive website at nsc.org

Source: injuryfacts.nsc.org (2017 data)

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