



About the National Safety Council

The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy. Visit us at nsc.org for up-to-date industry news, information and tools to take your safety program to the next level.



Featured Safety Poster



Share this poster with your employees to remind them that a little planning goes a long way in preventing slips, trips and falls.

[Get the Poster](#)

Safety Video



If you're looking for a quick way to get conversation started at your next safety meeting, check out this [2-Minute Video](#) on slips, trips and falls.

Safety Check



Reduce workplace tripping hazards and fall-proof your bathroom at home with this [Safety Checklist](#).

Featured Webinar



Visit our [Online Learning Library](#) to view our extensive webinar selection. This month's suggested topic: [Preventing Slips, Trips and Falls](#)

Member Benefit Guide



New Edition:

[Member Benefits Guide](#)

NSC Safety Awards



Employee engagement is key to a successful safety program! Recognize safety accomplishments with NSC Awards that instill employee pride and earn respect from your customers, community and peers.

[Learn more here.](#)

The Journey to Safety Excellence

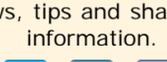
Employers can join the Journey to Safety Excellence to improve safety culture, reduce incidents and help save lives.



Set your team up for success. [Get more information here.](#)

Connect With Us!

Get the latest safety news, tips and sharable information.



September 2016

Welcome to *Safety Spotlight*, an e-newsletter brought to you by the Department of the Interior Office of Occupational Safety and Health, in partnership with the National Safety Council. We hope you find the newsletter of value and we welcome feedback and ideas on topics you'd like to see featured. Please email us at membershipinfo@nsc.org and put "Department of the Interior feedback" in the subject line.

5-Minute Safety Talk

Slips, trips and falls are the second most common cause of non-fatal injury in the workplace, but they are completely preventable.



This [5-Minute Safety Talk](#) will help your employees identify hazards and prevent slips, trips and falls.

From Construction Sites to Offices - Falls are #2 Cause of Workplace Death



Protect against the second leading cause of workplace fatalities

The statistics surrounding workplace slips, trips and falls are striking. Whether climbing scaffolding or drifting between meetings all day, you can be killed or seriously injured in a slip, trip or fall at work.

According to Injury Facts 2016, slips, trips and falls were responsible for 724 deaths and 229,190 injuries in 2013. That number includes:

- Construction: 302 deaths/21,890 injuries
- Education and health services: 13/47,740
- Manufacturing: 42/21,430
- Transportation and warehousing: 35/21,970
- Professional and business services: 91/19,300
- Wholesale trade: 25/12,640

Construction workers are at the greatest risk. But look at education and healthcare, with nearly 50,000 injuries. Workers in professional and business services, which include accounting, advertising, architectural, engineering, computer and consulting, saw 91 deaths.

Why are we at Such Risk for Slips, Trips and Falls?



You might assume only falls from height cause death and injury, but falls on the same level accounted for 110 deaths and 141,060 injuries in 2013. Why is this happening?

We walk everywhere and we rarely think about it. We are distracted with handheld devices and generally on autopilot, not noticing the hazards we encounter every day. We often are rushing to get somewhere, don't hold the handrails on stairways and allow clutter to build up in our work areas.

Hazards in the Workplace

Four risk categories affect slips, trips and falls - **environment, equipment, work practices** and **individual behavior** - and common causes can be seen in every industry, [according to OSHA](#).



- Grease, food or blood spills on smooth floors or walking surfaces
- Lack of friction between shoe and floor material
- Transition from one floor surface to another, or uneven surfaces
- Loose rugs or floor boards
- Inappropriate footwear for the job
- Weather hazards, such as ice
- Hoses, cords or wires across walkways
- Clutter in work areas
- Open file or desk drawers
- Irregular stair risers and improper demarcation between steps
- Poor lighting or glare
- Inadequate or missing signage

What You Can Do



Nothing has more impact on safety in the workplace than individual behavior. Employees sometimes carry too much weight, rush to complete a job or generally do not pay attention to their surroundings. [Training and re-training](#) is essential to keep employees safe and create a safety culture.

For new hires, it might be the first safety training they've ever had. It will help them understand your safety culture and learn how to reduce risk.

But training is essential for veteran employees as well, who may become so accustomed to their environment they aren't seeing the hazards anymore. Enthusiasm for safety wanes, and it is up to management to keep employees actively involved.

Employers also can:

Be Proactive

- Put together a housekeeping program to ensure work areas always are clean, dry and uncluttered
- Control contaminants before a spill: lids for drinks, umbrella stands at entrances for wet umbrellas, etc.
- Initiate a risk assessment process; this begins with management but all employees can regularly assess their own work areas
- Initiate a fall-prevention program
- Use design opportunities to reduce risk in the planning stages of a work environment
- Install handrails on all stairs
- Make sure the work area has adequate lighting

After an Incident:

- Employees must be able to report an incident or hazard without retribution; near misses are an opportunity to see into the future and avert an incident
- [Investigate all incidents and near misses](#) and follow up with controls
- Don't blame the person who fell; look at other factors involved
- Be sure to cordon off any hazardous areas

Physical condition and fatigue, gait changes, medications and failing eyesight also can lead to slips, trips or falls in the older worker. If age is beginning to impact slip, trip and fall risk, it may be time for a job reassignment.

No discussion about slips, trips and falls would be complete without information on ladder safety. [Learn more about ladder safety at home and at work.](#)

It Pays to be Safer

Workers' compensation claims for slips, trips and falls are costly. In 2013, they were more than \$44,000 per person.



Some employers may worry that safe practices will slow productivity, but the opposite is actually true. When employees are safer in their thinking as a result of training and company culture, they are more quality conscious and, therefore, more productive. Safety is the foundation that supports productivity.

Bring Safety Home

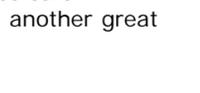


Americans are living longer while staying active and healthy. But for adults 65 and older, falls are the leading cause of injury-related death. Injuries from a fall can signal the beginning of the end of their active life - and their independence.

The good news is that aging, itself, does not cause slips, trips and falls. There are steps you can take to prevent them from happening.

- [NSC offers lots of information](#) on how to identify and prevent falls
- The [National Institute on Aging](#) is another great resource for families

Use our [Safety Checkup tool](#) to get your personal Safety Snapshot. Know your risks based on age, gender, geographic location and occupation so



you can prevent injuries to yourself
and your family.

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