

Watch Your Step!

Analyze • Inform • Motivate

A very simple statement that we've heard all our lives. But as simplistic as it may be, it could turn out to be a life saver.

The National Safety Council estimates that Slips/Trips/Falls (STF) account for over \$70 billion nationally in Workers Comp costs. According to Hawaii's Dept. of Labor and Industrial Relations (DLIR), in 2012, STF injuries made up 25% of all industrial injuries. Overall, it is the second leading cause of accidental death only behind automotive. The numbers say it all. We all have to do a better job in reducing Slip, Trip, & Fall type of injuries.

Slips

Causes:

Slip incidents are caused by a loss of traction below your feet. In most cases the culprit are wet surfaces. Other factors include oil build up on surfaces and shoes that are not appropriate for the environment.

Prevention:

Good housekeeping practices in which water, dirt, and oil is kept clear of walking surfaces is the best bet. But, there may be times in which this is unrealistic. In these cases, laying down mats are a good way to reduce the exposure. Just ensure the mats are in good condition and are changed

out constantly.

Slip resistant shoes will also improve your odds of reducing accidents.

Trips

Causes:

Trips are caused by obstructions in your walking path. There are an endless examples of this like tools that are not put away and left on the floor, cords left across walking paths, boxes on stairs and the list continues.

Poor maintenance and condition of surfaces will also contribute to these incidents. Carpets that are worn, cracks in sidewalks, roots that protrude out of the ground are the usual suspects when it comes to trip type accidents.

Prevention:

Good housekeeping is key. Cleaning up behind you and not leaving items on the floor will eliminate a lot of these types of injuries.

A lot of trips are caused by hazards that are left by another person. Awareness of where you are walking will help you avoid a trip accident.

Upkeep of walk surfaces and good maintenance of equipment will keep liability costs to a minimum.

Falls

Causes:

Falls are caused by a loss of balance from a height. In many cases, this deals with how ladders are misused. And in some cases, when ladders are not used at all and replaced by an item not meant to be stood on.

Staircases are another area where many serious fall injuries occur. People get distracted or are in a rush to get somewhere and miss a step or two

Prevention:

Watch your step! Give all of your attention to staircases. Get in the practice of using handrails and don't overload yourself with items while using stairs.

Good ladder practices will also reduce fall injuries. Review the related AIM Fact sheet for more details.

Practice the 3 R's

In addition to the above, practice the 3 R's. **Remove** or eliminate the hazard if at all possible. If that can't be done, **Reduce** the exposure to other people by using signs. At the very least, **Report** the hazard to your Manager so something can be done.



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About DTRIC Insurance Risk Consulting Services

The Risk Consulting Services team at DTRIC Insurance is designed to help you reduce accidents and injuries in the workplace. Our approach involves our proven **A.I.M.** process that is easy to understand and simple to implement.



ANALYZE

We start by helping you understand and assess your current situation with services including:

- Safety audits
- Property and liability hazard surveys
- Accident investigation training
- Graphical analysis
- Job hazard analysis

INFORM

Keeping your team members informed is essential to success. We'll help you:

- Develop a safety committee
- Provide educational resources
- Work with your management team to develop their skills and knowledge of regulations
- Address loss trends with training on key issues
- Open communications within your organization

MOTIVATE

The more safety is promoted in your workplace, the more motivated your team members will be to make safety a top priority. Whether you motivate with promotions, incentives or recognition, we'll help you develop a results-driven method to encourage safety at all times.

DTRIC's Risk Consulting Services team will work closely with you to create a program to effectively improve your bottom line.