

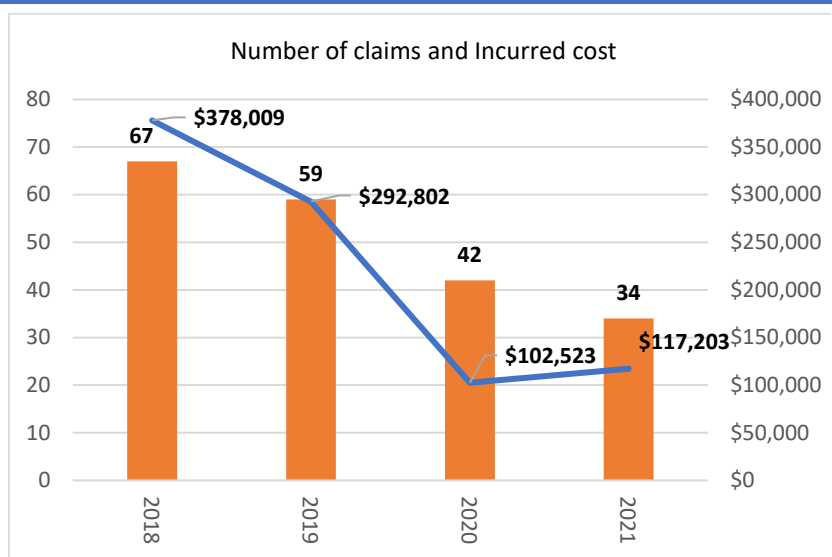
Diocese of Jefferson City – Safety Talk – Slip, Trip, & Falls

As we begin the winter season with most of us seeing our first ice/snow event for the New Year, let's remain focused on avoiding common Slip, Trip, & Fall injuries.

Avoiding Common Slip, Trip, & Fall Causes:

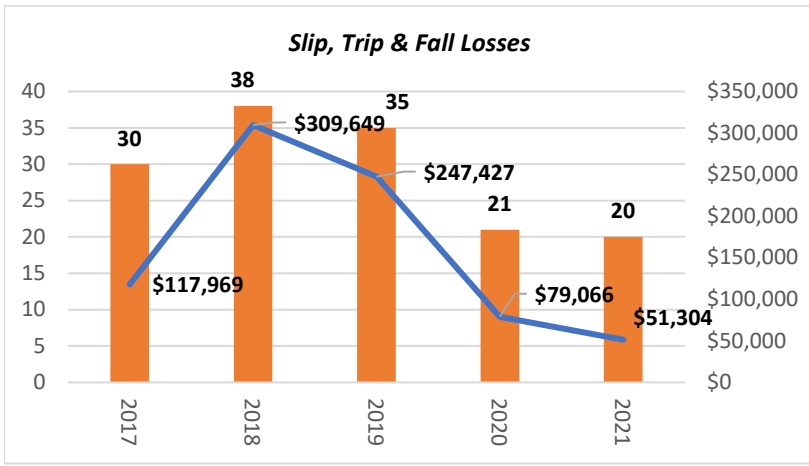
- Wear the appropriate footwear, this is especially important during the winter. Avoid footwear with smooth soles.
- When parking and getting out of car, take a second to observe area to avoid slick spots or ice, watch out for trip hazards.
- Stay on cleared paths, don't take a shortcut through snow or uncleared areas.
- Make sure ice melt is available to employees. A good idea is to put ice melt in containers at the entrances for employees and students to use if they see a slick area.
- Place floor mats at regularly used entrances and change out when they become wet.
- Maintain good housekeeping in the classroom. Keep areas where you and students travel clear of trip hazards.
- Avoid standing on chairs, furniture, milk crates, or other objects, use appropriate step stool or ladder.
- Avoid talking on phone or texting when walking. If you must talk or text, stop walking until you are finished.
- Try avoiding carrying items that block your view and try to limit number of trips carrying items up and down stairs.
- Avoid putting boxes, crates, and other items around your desk or around corners, where they might not be seen by someone walking.
- Use appropriate ladder for the job. When using step ladder, spread apart and lock spreaders. Never lean ladder against wall or object.
- Do not stand on top two rungs of the ladder, don't overreach and try to maintain three points of contact when using ladder.

THE NUMBERS



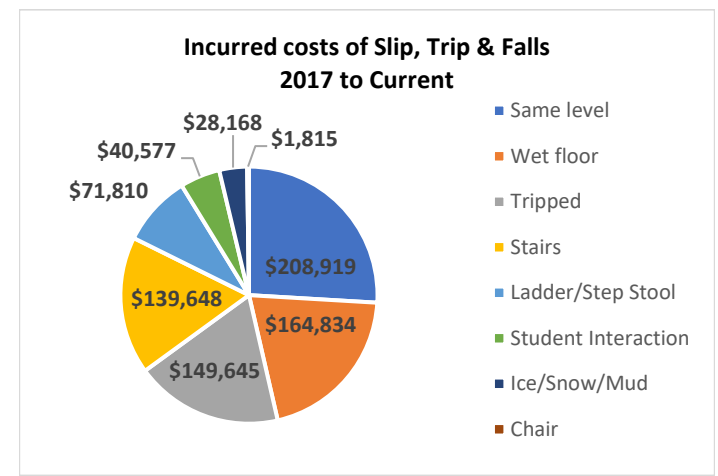
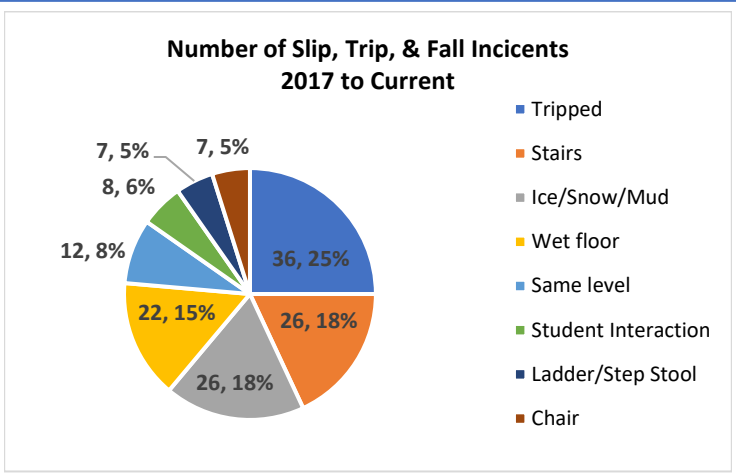
As you can see the number of incurred work-related injuries have been decreasing since 2018. The 2021 policy year shows 6 months of losses. (July 2021-2022).

We are seeing a slight increase in the number of claims for the 2021 policy year as compared to the 2020 policy year. The goal is to keep work-related injuries under 48 for the policy year.



Slip, Trip, & Fall incidents are the most common and costly work-related injuries. Slip, Trip, & Falls account for well over 50% of the injuries and incurred costs. The good news is the number of slip, trip, & fall incidents and incurred losses have been decreasing.

Let's keep this trend going and minimize slip, trip, & fall incidents. Continue to be diligent avoiding slip, trip, & fall hazards.



The charts above show trips are the most common cause of a STF injury. These incidents include tripping over rugs, thresholds, curbs, and object on the floor. The other top causes are walking up/down stairs, ice/snow/mud and wet floors. Of the ice/snow/mud incidents, only four involved slipping in mud. Most are ice related in parking lots and sidewalks. Most of the stair incidents involve employees missing a step and falling. The wet floor incidents are more common in kitchen/cafeteria and bathrooms or around water fountains.

The most incurred losses are attributed to same levels falls. There have been two large incidents where the employee fell, with no specific hazard noted. Even though ice/snow/mud incidents are high the incurred amount of losses associated with these incidents are low. One surprise was the number of incidents and cost associated with the use of ladders/step stools. These incidents primarily occurred when the employee was getting off the ladder or step stool.

Going Forward

Continue to stay focused on workplace safety. Follow the safety tips listed above. Take time to use the proper equipment for the job. During some recent visits to school, I observed an employee using a metal chair instead of step stool, seen footprints on chairs and found trip hazards in areas of egress.

These are all common causes of slip, trip, and fall incidents. Most slip, trip, and fall incidents are very preventable if we take a second to look where we are going, keep classrooms and storage areas free of trip hazards and use appropriate equipment for your task. Let's continue to keep the trend going and reduce slip, trip, and fall incidents.