

Name:

Date:

Follow this link:

https://www.ars.usda.gov/ARUserFiles/50201000/safety/Preventing%20slips_trips_falls.ppt

Read through and then answer questions, you may refer back to the PowerPoint slides as needed.

Fall Prevention and Safety

Circle Correct Answer

1. Wet floors, open drawer, slippery shoes, and an icy walkway can lead to serious, painful injuries in the workplace. **(True/ False)**
2. Slips, trips and falls account for more than **(20%/ 60%)** of all non-fatal occupational injuries involving days away from work.
3. Causes for workplace slips, trips and falls: **(select all that apply)**
 - a. A Lack of Safety Awareness
 - b. Unsafe Conditions
 - c. Unsafe Behaviors
4. Slips happen when there is too little friction between your feet and the ground. **(True/ False)**
5. Trips happen when your body is in an unstable position. **(True/ False)**
6. Ways to reduce falls is to stay **(sleepy/ alert)** and aware of your surroundings, get plenty of rest, manage stress, avoid alcohol and drug use, take appropriate breaks.
7. Working on wet surfaces:
 - a. Make wide turns at corners
 - b. Walk slowly and take short steps
 - c. Keep feet pointed slightly outward
 - d. Keep hands free for balance
 - e. Wear appropriate slip-resistant shoes
 - f. All of the above
8. Techniques to prevent slips are wipe shoes thoroughly on rugs, wipe up **(dust/ spills)** mark spills or slippery area until cleaned up.
9. If you see a hazard on the floor you should **(clean it up/ leave it for the next person)**
10. To prevent trips keep areas **(lit/ dark)** and clean. Turn on lights every time you enter a room.
11. Keep all work areas and walkways clear of boxes, bags, papers, cords, etc. **(True/ False)**
12. Watch for curled rugs, chipped flooring. Close file drawers and cabinet doors after each use. Correct or report potential trip hazards. **(True/ False)**
13. Grip hand rails with **(none/ all)** your fingers and thumb.
14. Look **(a head/ behind)** when climbing stairs without lifting your head back. This tends to lean the body backward.
15. Carry only loads of a **(comfortable/ uncomfortable)** weight.

For credit once completed fax or mail to 27885 270th Ave SW Crookston, MN 56716 or (218)-2813015

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