

Drive Away From Slips, Trips and Falls



Let's make this work for everyone®

Slips, trips and falls (STF) are among the most common causes of injuries in the workplace, which can result in lost workdays and the potential for severe injuries. Companies should conduct regular safety audits to help reduce these potential hazards.

Why prevention matters

In addition to fatalities, STF injuries may include sprains and strains; bruises and contusions; fractures; and abrasions and lacerations.

Common STF causes

- Transitioning from one surface to another, particularly to one covered in ice and/or snow
- Getting in and out of vehicles
- Sloped or uneven surfaces
- Obstacles in the walkways
- Wet, muddy or icy shoes
- Ramps without skid/slip-tread

What can drivers do to help prevent slips, trips and falls?

- Wear proper footwear. Truck and delivery drivers should be provided with ice cleats, the use of which should be a requirement when snow and ice are present. Also, ensure the footwear has good traction and is insulated to keep feet warm and dry.
- Ensure all drivers are trained in the 3-Point System. This important rule always requires at least three points of contact when getting on/ in or off/out of a vehicle or trailer: Two hands and one foot, or two feet and one hand should be in contact with the vehicle.
- **Regularly remove snow and ice** from your vehicle's steps, handrails, and other surfaces you frequently touch. Use a broom or ice scraper to keep these areas clear.
- Shine the light. Especially during the darker winter months, it's important to ensure well-lit parking and delivery areas. It sounds simple, but sometimes seeing the hazard that exists can be the solution to avoiding it! Consider always keeping a flashlight ready for use.
- Slow down! It's easy to get caught up in the hustle and bustle of the season but remember to take your time and be mindful of surroundings and weather conditions. Always take the time to make sure your vehicle entrance and exit points are not compromised by water, ice, snow or grease. Don't walk with your hands in your pockets.
- Lead by example. Help influence other team drivers to practice safe habits!

For more workplace safety tips, contact your Strategic Comp Loss Prevention Consultant.

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