By the Numbers: Slips, Trips, and Falls



DID YOU KNOW?

The third leading cause of unintentional injury-related death is falls. In 2016, 34,673 people died in falls at home and at work, according to *Injury Facts* for working adults, depending on the industry, falls can be the leading cause of death.

In 2016, 697 workers died in falls to a lower level, and 48,060 were injured badly enough to require days off of work. A worker doesn't have fall from a high level to suffer fatal injuries; 134 workers were killed in falls on the same level in 2016, according to *Injury Facts*. Construction workers are most at risk for fatal falls from height – more than seven times the rate of other industries – but falls can happen anywhere, even at a "desk job."

NSC data for 2016 includes falls from height and falls on the same level, by industry:

- Construction: 24,700 injuries, 384 deaths
- Manufacturing: 22,040 injuries, 49 deaths
- Wholesale trade: 10,250 injuries, 21 deaths
- Retail trade: 29,830 injuries, 29 deaths
- Transportation and Warehousing: 23,490 injuries, 46 deaths
- Professional and business services: 22,090 injuries, 111 deaths
- Education and health services: 43,660 injuries, 18 deaths
- Government: 63,350 injuries, 44 deaths

KEEP IN MIND

Slips, Trips, and Falls are Preventable

Whether working from a ladder, roof or scaffolding, it's important to plan ahead, assess the risk and use the right equipment.

- Discuss the task with coworkers and determine what safety equipment is needed.
- Make sure you are properly trained on how to use the equipment.
- Scan the work area for potential hazards before starting the job.
- Make sure you have level ground to set up the equipment.
- If working outside, check the weather forecast; never work in inclement weather.
- Use the correct tool for the job, and use it as intended.
- Ensure stepladders have a locking device to hold the front and back open.
- Always keep two hands and one foot, or two feet and one hand on the ladder.
- Place the ladder on a solid surface and never lean it against an unstable

surface.

- A straight or extension ladder should be 1 foot away from the surface it rests on for every 4 feet of height and extend at least 3 feet over the top edge.
- Keep the work area clear of hazards and in immediately clean up spills
- Read all instructions and safety precautions on your equipment
- Don’t wear loose clothing that can get caught in equipment
- Securely fasten straight and extension ladders to an upper support.
- Wear slip-resistant shoes and don’t stand higher than the third rung from the top.
- Don’t lean or reach while on a ladder, and have someone support the bottom.
- Never use old or damaged equipment; check thoroughly before use.