

## Walking Through Life Series...

'Sharks' are unpredictable hazards that wait, lurk and strike in any situation, especially when you're least expecting it.

### Fall to the Same Level Injuries

The next 'shark' we need to learn to avoid as we walk through life are *Fall to the Same Level* injuries.

*Fall to the Same Level* injuries are slip/trip/fall accidents which are generally due to:

- Slippery conditions.
- Walking surfaces that are in poor condition.
- Running in walkways and tripping.
- Not paying attention to where we are walking.

#### Specific examples include:

- An engineer is walking to the bathroom while reading a magazine. He fails to notice the sign just inside the door reading "Caution – Wet Floor." He slips on the floor and falls.
- A forklift has been leaking hydraulic fluid from a hose, but pre-shift inspections have not been conducted and no one is aware of the leak. While walking past the forklift, a supervisor slips on the hydraulic fluid and falls.
- An office worker fails to close a file drawer while accessing documents. A co-worker walks around the corner and trips on the open drawer.



### Ways to Prevent Falls

- Maintain proper lighting in the facilities.
- Use safe walking practices.
  - Stay focused on where you are going.
  - Do not run.
  - Use handrails on stairs and ramps.
- Practice good vehicle entry and exit techniques:
  - Watch where you step.
  - Maintain three point contact.
  - Retrieve belongings **after** you are out of the vehicle.
  - Place belongings into the vehicle **before** you enter it.

## Ways to Prevent Falls (cont'd from page 1)

- Maintain walking areas when there may be snow and ice on the pavement – use deicer.
- Ensure your shoes are in good condition. Loose soles can easily cause a trip and fall incident.
- Wear footwear appropriate for the weather or current condition.
- Use good housekeeping practices:
  - Keep oil, grease and other fluids off the floor.
  - Clean up spills as they occur.
- Clean up debris, etc., after completing projects.
- Put tools and materials back in their original places.
- Install non-skid flooring on stairs, landings and slippery surfaces.
- Anchor loose carpeting.

Does this look like a potential problem?  
If yes, why?



Remember — walking is working.  
Pay attention to where you are going.

## Ask yourself the following:

- ✓ Are you practicing good vehicle entry and exit techniques?
- ✓ Do you use the handrails on stairs and entry ramps?
- ✓ Is there proper lighting in your facility or work area?

## EMS TIP:

*Spills, releases and other environmental events at Hanford can impact safety and the environment and must be addressed properly.*

**MSC-PRO-48217, Environmental Event Notification (Including Spills/ Releases and Agency Notifications) and Response.**



CORE FUNCTION: 2  
*Identify and Analyze Hazards*