

Slips and falls are a major cause of injury among employees of school corporations in the ISESC Workers Compensation Risk Management Group. Falls are also one of the leading causes of injuries in the United States, accounting for almost 9 million visits to the emergency room each year. That's 25 thousand injuries per day or 175,000 per week! Injuries from falls also cost \$3.5 million per hour, every day of the year, creating a one hundred billion dollar problem annually!

Slip and fall accidents are the most common work related injury, according to the Bureau of Labor Statistics, and they represent over 65% of all work days lost. Our schools follow this trend.

Where do most people slip, trip and fall?

- Transition areas such as doorways; at steps and stairs; and where uneven surfaces meet, such as curbs and uneven sidewalk edges;
- Hallways cluttered with stored materials, sitting students, etc.;
- Wet flooring in cafeterias, and by water fountains and ice machines;
- Desks and chairs when they're used in lieu of stools and ladders.

What can be done? Notify custodial or maintenance personnel of hazards so a work order may be issued for repairs. Often times we don't understand the importance of reporting identified trip hazards. We consider them minor until someone is seriously injured. Don't walk away from spills; make sure they're cleaned up immediately.

Wear sensible shoes, particularly during rainy or snowy weather. Wear rubber-soled shoes instead of leather-soled shoes. Consider slip resistance when purchasing your next work shoes.

Don't climb on desks and chairs to access elevated areas in classrooms. Use a stepstool, "Quik Kik" or ladder. Toss out obsolete wood ladders and replace them with a Type II fiberglass ladder. When climbing and descending on the ladder always maintain 3 points of contact (two feet & one hand, or one foot and two hands).



**3 Point Contact**