

Avoiding Slips, Trips & Falls

POWERED BY VIMOCITY 



Scan & Plan

OVERALL APPROACH:

1 in 5 workplace injuries are caused by a slip, trip or fall. They often occur when workers are operating on autopilot, making awareness the #1 preventative factor. Start your task with a quick Scan & Plan to identify potential hazards and adjust your approach for maximum stability.

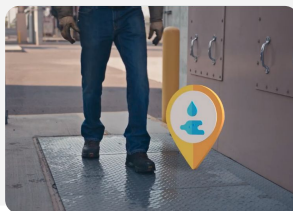
Causes of Slips, Trips & Falls

- Unexpected Hazards
- Slippery or Loose Surfaces
- Change in Terrain
- Difference in Height
- Change in Grade
- Loss of Balance



Focus on Prevention

Check out other videos in this series for more specific guidance on avoiding slips, trips and fall injuries while you're on-the-job.



Additional Video Resource:



Navigating Ice

Improve stability by stepping with your entire foot, reducing risk of slipping.



Movement Routine #1

Improve strength and stability with these moves to build your balance.

Roller to Lower Leg

30 sec per muscle



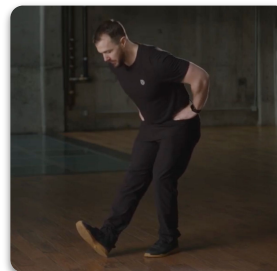
Hip Opener

3x per side



Door Stop

3x per side



Ankle Circles

3x per side



Movement Routine #2

Use dynamic movement to reinforce balance and help prevent a slip, trip or fall.

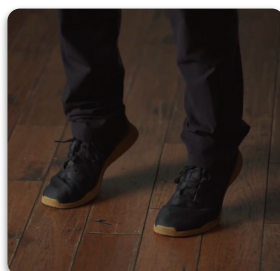
Roller to Foot

30 sec per foot



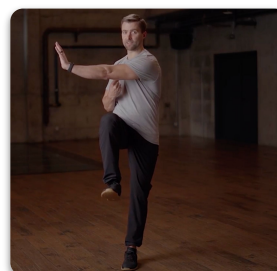
Heel to Toe

5 rounds



Heisman

3x per side



Ankle ABCs

x1 per letter
each direction

