

TOOL BOX TALKS

Transportation

Slip, Trip, and Fall Prevention



A company driver slipped and fell backwards while descending the bus doorway steps injuring his right shoulder.

Tool Box Tips

1. Enter and exit vehicles using three-point contact, with your body at a slight angle. Side stepping allows you to grab a handrail in the event you fall.
2. Follow basic safe driving principles including: safe following distance, effective scanning, driving at a safe speed and minimizing driver distractions.
3. Scan parking lots for hazards including potholes, gravel and poor lighting. Before exiting a vehicle use a flashlight to scan for hazards.
4. Be cautious in the garage. Maintenance pits should be covered or guarded when not covered by a vehicle.
5. Keep extension cords, air and exhaust hoses picked up when not in use.
6. Cover oil, antifreeze and hydraulic fluid leaks or spills with oil-dry granules.
7. Use a long handled scraper or ice melt spray and let the vehicle warm up before driving. Do not expose yourself to a fall by climbing on a wet, snow or ice-covered vehicle.
8. Use step ladders to access elevated vehicle components. Avoid standing on tires, fenders and bumpers.
9. Be cautious when walking in icy parking lots or on sidewalks. Use slip-on ice cleats in winter weather conditions.
10. Wear seat belts when riding in or driving vehicles—always.
11. Report to work well rested and free from the effects of drugs and alcohol.
12. Do not text and drive.
13. Perform a pre-trip inspection of the vehicle you're about to drive. Check the tires, mirrors, fluids and lights before departing. Also, make sure the vehicle is equipped with emergency supplies.
14. Report maintenance needs or defects in writing and do not drive an unsafe vehicle.

Safety on the road starts with pre-trip inspections and always wearing seat belts.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

For more information:



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