

# SAFETY matters

NEWS AND INFORMATION FROM THE UTAH SAFETY COUNCIL

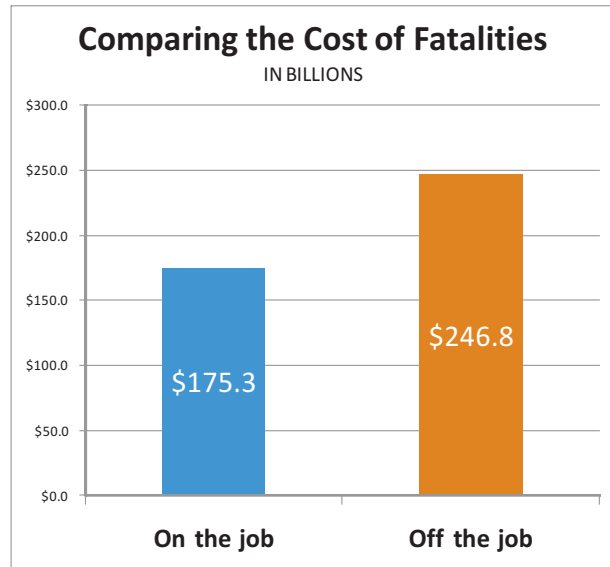
## Burden of Off-The-Job Injuries Increases Impact on U.S. Companies

Off-the-job injuries and fatalities can happen on the road, in and around the home, and out in the community.

U.S. workers are actually safer on-the-job than in their homes or communities, according to the National Safety Council's 2009 "Injury Facts" report. Nearly all of workers' unintentional fatalities (9 out of 10) and more than 70 percent of disabling injuries occur off-the-job. For every two workplace injuries, there are five off-the-job injuries.

Injuries both on and off-the-job represent a significant burden to companies and society as a whole. While the number of workplace fatalities and fatality rates have been showing dramatic improvement, off-the-job fatalities are declining much more slowly.

Focusing on off-the-job injuries is not only a nice thing to do, it makes the most business sense. Production



time lost due to off-the-job injuries totaled approximately 225 million days in 2007, compared with 75 million days lost by workers injured on-the-job.

The costs associated with off-the-job injuries and fatalities are staggering. Off-the-job injuries suffered by workers cost the nation at least \$246.8 billion in 2007, compared with \$175.3 billion for on-the-job injuries. These costs are even higher when you add health care claims and other benefit costs associated with injuries and deaths to workers' family members.

The National Safety Council estimates that approximately 45 percent of the 52,500 off-the-job deaths were motor vehicle-related, 32 percent occurred in or around the home, and the remaining 23 percent happened in public places. In contrast, only 13 percent of the 9.4 million nonfatal off-the-job injuries were motor vehicle-related, while 43 percent occurred in or around the home, and 13 percent in public places.

A recent study using data from the National Center for Health Statistics' National Health Interview Survey found both similarities and differences between on- and off-the-job nonfatal injuries. Falls, overexertion and

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struck by/caught in are leading causes of both on- and off-the-job injuries. The percent distributions between on- and off-the-job are similar for most causes.

The differences were found regarding motor vehicle – and machine-related injuries. Motor vehicle injuries represent about 3 percent of all on-the-job injuries, compared with nearly 20 percent of off-the-job injuries. On the flip side, machinery injuries represent about 6 percent of on-the-job injuries, but only about 1 percent of off-the-job injuries.

Even among causes that are highly represented both on- and off-the-job, subtle differences are apparent.

Overexertion injuries (mainly sprains and strains) to the back or spine comprised about 40 percent of both on- and off-the-job injuries.

On-the-job injuries were more likely to involve the upper extremities, whereas off-the-job injuries more often involved the lower extremities. Other difference were found regarding falls. Ladder falls are more likely on-the-job while stairway falls are more likely off-the-job.

Because of the similarities between on- and off-the-job injuries, as well as the financial impact of off-the-job injuries to the bottom line, off-the-job safety is increasingly being considered an extension of a company's on-the-job safety culture.

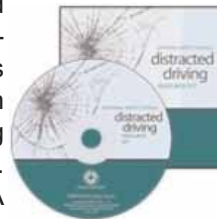
Off-the-job safety includes programs to educate and help employees who are "off-the-clock." Formerly not considered part of the business, off-the-job safety is now seen as critical to helping employers manage their health care costs, productivity and profits. But what's most important, off-the-job safety programs help save the lives of employees and their families.

**U.S. workers are actually safer on-the-job than in their homes or communities.**

*Sources: Injury Facts 2009 Edition  
National Safety Council*

## DISTRACTED DRIVING RESOURCE KIT

Developed to help businesses inform and educate employees about the risks of using hand-held and hands-free communication devices while driving. It also assists organizations in creating and implementing a distracted driving policy as well as in gaining employee buy-in. Tools help reinforce the policy company-wide. A key component of the kit is the NSC Motor Vehicle Safety Policy. This document, with its comprehensive section on distracted driving, is designed to serve as a model for any company. It includes a Statement of Acknowledgement, which employees must sign and return to their supervisors.



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To order contact Mona at (801) 478-7878 ext. 302, (800) 933-5943 ext. 302 or via e-mail at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org)

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## Teamwork: Getting Everyone to Pull Together

When economic times are tough, it's easy to trim off what appears to be "low hanging fruit" like team meetings and functions in an attempt to maximize daily productivity. But is it really a smart business decision to make cuts and limit time on what appears to be an "extra" such as a team meeting? It could be argued that it is precisely during difficult economic times that we need to come together even more as teams to accomplish the work that is before us, finding more and better ways to work efficiently and productively. It's during tough economic times that we need the collective power of our people the most as they bring their individual experiences, minds, and energies, together in teams to solve problems and make suggestions on how to do things better.

**We need the collective power of our people the most as they bring their individual experiences, minds and energies, together to solve problems.**

### The Synergy of a Well-Functioning Team

Teams are formed to take advantage of the power of synergy. Synergy is the idea that the total is greater than the sum of its parts. For example, suppose that two people working independently can produce two units of production each. If they are combined into a team they may produce three units, four units, or even five. If you have ever experienced the synergy of an effective team you understand the return on investment that may be realized when a team is performing well together.

### The Business Benefits to Encouraging and Supporting Teams

The reality is, today's employees want to participate in the decisions that impact them at work. They want the opportunity to talk over and comprehend what they are doing and why they are doing it. Teams can facilitate this need and at the same time provide the following benefits to the organization overall:

- Clarification of expectations. A major time waster in business occurs when expectations are not clear. By having everyone in one place at the same time for a team meeting, less time is wasted on confusion and unnecessary work.
  - Teams provide a forum for collaboration and exchange of ideas resulting in new or better ways of getting things done.
  - Increased morale built through fostering a sense of belonging to a team. As teams are built, employees identify with one another and develop bonds that results in increased cohesiveness. The product of this is people being more engaged with their jobs.
  - Increased solutions and better outcomes. When people bring their unique talents to a supportive environment the end result often is a better product.
- The power of teams can be a decisive strategic advantage in business benefiting individual participants, the organization, and the customer. Clearly the benefits far outweigh the costs, as people learn, collaborate and celebrate together, but most importantly, get things done.

*Source: JJ Keller*

## Promote Home and Community Safety at Your Health and Safety Fairs

As an exclusive benefit of membership with the Utah Safety Council, our staff is available to participate in your company's health and safety fairs. Involving the Utah Safety Council in your fair activities offers an opportunity for employees and in some cases their families, to meet Utah Safety Council staff who specialize in home and community safety. The Utah Safety Council welcomes the opportunity to participate in employee health and safety fairs, provide information to employees and to showcase the many health and safety services that are available through the council. Safety and health fairs are excellent opportunities for the Utah Safety Council to reach out to employees and their families on the importance of safety in their homes and communities. Information can be made available on home safety, traffic safety, indoor air quality and more. You may request to have a representative from the Utah Safety Council attend your event by calling Jessica at (801) 478-7878, ext. 301, or (800) 933-5943, ext. 301, if calling outside the Salt Lake Metro area. You may also send an email to [jlark@utahsafetycouncil.org](mailto:jlark@utahsafetycouncil.org). Take advantage of this opportunity to encourage your employees to take safety home.



# Speeding Around The Block

## Families are more at risk on local roads than highways

Public perception tends to view speeding as a highway problem. Every night on TV news programs, families see huge, fiery crashes on the interstate. Because of this, many families assume they are most at risk on the highways.

But this is not so, motorists, their families and the people around them often are most at risk right in their own neighborhoods. Speeding is a much more serious problem on city streets and local roads, and the impact of speeding is much greater.

A National Highway Traffic Safety Administration (NHTSA) study confirmed the number of speed-related deaths was highest on arterial roads, followed by local collector roads. Interstate highways came in last.

Busy roads lined with residential houses are among the most dangerous problem areas. These roads offer a mixture of commuters, pedestrians, schoolchildren and bicyclist. Rarely do any of these groups see the road the same way.

**In many cases, drivers don't understand the risks they are taking when they speed.**

According to a survey of drivers by the Progressive Insurance Co. 90% of respondents admitted exceeding the speed limit, so chances are you or someone you know exceeds the speed limit regularly. In many cases, drivers don't understand the risks they are taking when they speed. NHTSA cites speeding in 32% of traffic fatalities, costing an estimated \$40 billion each year – including wage and productivity losses, medical expenses, legal costs, insurance costs, police department costs and property damage.

According to the Governors Highway Safety Administration, the effects of excess speed can be disastrous. Speed:

- Reduces a driver's ability to negotiate curves or maneuver around obstacles in the roadway
- Extends the distance necessary for the vehicle to stop
- Increases the distance a vehicle travels while the driver reacts to a hazard

- Compromises the integrity of the vehicle structure
- Decreases the effectiveness of vehicle design features, such as air bags and restraint systems
- Decreases the ability of roadway hardware, such as guardrails and impact barriers to protect occupants
- Increases tread wear on tires and wear on braking systems
- Increases the risk of crashes because other vehicles and pedestrians may not be able to judge distance accurately

### 5 MPH MAKES A DIFFERENCE

What motivates drivers to press a littler harder on the gas? They do it for a host of reasons, including busy schedules, over confidence in driving ability and sometimes just plain selfishness. The biggest reason is probably that they think they won't get caught. According to the National Safety Council vigilant enforcement of speed limits is the best deterrent against speeding.

However, most drivers and some law enforcement agencies admit, a grace area exists of about 5 to 7 mph above the posted speed limit. Traffic police in some communities most likely will not stop a driver doing 35 in a 30. A likely reason for this is radar equipment and passenger vehicle speedometers have a combined margin of error of about 5 mph.

But what impact does this 5 mph have on safety? The difference between life and death, according to recent findings by researchers at the Monash University Accident Research Center in Victoria, Australia. Researchers found through simulated tests that when a child darted in front of a passenger car traveling 30 mph, the car was able to stop suddenly. At 35 mph, the car struck and killed the child.

The bottom line of research like this is that the most dangerous threat to American families is not terrorism, Mad Cow Disease, West Nile Virus or the Swine Flu, but the belief "It can't happen to me." The person with this attitude does nothing to protect him or herself, not to mention the people around them, and this lack of vigilance places everyone at risk.

*Sources:*

*The National Safety Council*

*The National Highway Traffic Safety Administration*

*The Governors Highway Safety Association*

# Fire in the Workplace is Serious Business.

## Do your part to make your workplace safer.

Because of the deadly danger of fire, it's to your benefit to know how to size up a fire and how to respond in a fire emergency. Controlling the consequences of a fire depends to a great extent on preparing for it.



*When using an extinguisher: Pull the pin, Aim at the base, Squeeze the handle and Sweep from side to side.*

### Always:

- Keep work areas clean and clutter free.
- Know how to properly handle and store the chemicals located at your facility.
- Know what chemicals you work with – you might have to advise fire fighters on the scene of a chemical fire concerning the type of hazardous substances involved.
- Know what you are expected to do in case of a fire emergency.
- Call professional help immediately; don't wait for a fire to get out of control. (This applies to a fire wherever you are.)
- Make sure you are familiar with your company's emergency action plan for fires.

When a fire starts, think only of your safety and the safety of others. When a fire is out of control, you don't know what is burning, or you have not been trained to use extinguishes, sound the fire alarm, then call for emergency help from a safe place.

If you have been trained to use fire extinguishers, and the fire is small enough to be extinguished by a hand-held extinguisher, you can try to put out the fire with the extinguisher. However, fight the fire only in these situations:

- Everyone is evacuating the building.
- The fire department is being called.

- The fire is small and confined to the immediate area where it started.
- You can fight the fire with your back to a safe escape route.
- Your extinguisher is rated for the type of fire you are fighting, is large enough for the fire, is nearby, fully charged and in good working order.

### PASS Method

To use a typical extinguisher, hold it upright, **P**ull the pin, stand back eight or ten feet, **A**im at the base of the fire, **S**queeze the handle, and **S**weep from side to side. **Note:** Sweep the fire base with the extinguishing agent. If you aim high at the flames, you won't put out the fire. Remember too, that most fire extinguishers have a limited operation time, only 8-10 seconds, so you have to act fast and spray correctly at the base of the fire, not at smoke or flames.

Be aware of smoke and noxious fumes. These fumes enter the lungs and leave persons unconscious and at the mercy of the smoke and flames. They are already unconscious or dead before flames reach them.

### WHAT IS WRONG WITH THIS PICTURE?



*The fire extinguisher is not readily available. OSHA says that [1910.157(c)(1)] an employer shall "...mount, locate and identify [fire extinguishers] so that they are readily available..." In this case, someone would have to stop, find a knife, screwdriver, or other implement to remove the zip tie before the extinguisher is available.*

# Thank You!

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## Beware of Look-Alike Products

**It Could Happen to You!** A women mistakes fingernail glue for eye drops...a daycare worker unintentionally serves windshield wiper fluid to children thinking it is a juice drink....a child eats an entire package of chocolate laxative medicine assuming it is a candy bar. These are just a few examples of actual scenarios that poison centers deal with every day involving products that look-alike.

Usually mix-ups occur because product shapes, colors, labeling and/or packaging are similar in many products. Young children often mistake medicine for candy and cleaners & personal care products for drinks or food. Children are naturally curious and explore by touching and putting things into the mouth. It is the responsibility of adults to help keep children safe. While young children are at a particularly high risk, people of all ages are vulnerable to poisonings from look-alike products.

### How to Prevent a Look-Alike Poisoning:

- Keep all potential poisons locked up and out of the reach of children.
- Store non-food items in a separate location from food

items.

- Keep all products in the original containers. Transferring chemicals into water bottles or soda bottles is extremely risky.
- Most poisonings occur when a product or medicine is in use. Never leave a product unattended.
- Turn on the lights, put on your glasses, and read the label before using medicine, eye drops or other health products.

### If a Poisoning Occurs:

1. Call the Utah Poison Control Center (800) 222-1222.
2. Have the product in hand to give information to the poison specialist.
3. Stay calm and cooperate with poison experts to get fast and efficient help.

Source: Utah Poison Control



# Utah Chemical Weapons Burner Contract Workers Earn National Recognition as Top Safety Work Site

In May 2009, contractor workers at the U.S. Army's Tooele Chemical Agent Disposal Facility (TOCDF) were notified by officials of the U.S. Occupational Safety and Health Administration that TOCDF had earned its highest workplace safety recognition - "Star" status under OSHA's Voluntary Protection Program (VPP).

EG&G Defense Materials, Inc., a subsidiary of San Francisco-based URS Corporation's EG&G Division, is the Army's prime contractor at the TOCDF. Battelle Memorial Institute is EG&G's analytical laboratory and air monitoring subcontractor. Together, they employ more than 1,000 workers at the TOCDF, where the Army's single-largest stockpile of aging, deteriorating chemical weapons is being destroyed under the provisions of an international treaty.

EG&G and Battelle had filed separate applications with OSHA seeking VPP consideration. Based on a February audit by a team of OSHA and private industry safety professionals, each TOCDF contractor organization individually was awarded status at the highest level - Star.

Gary McCloskey, EG&G vice president and TOCDF general manager, said, "This is a tremendous accomplishment for our workers, both EG&G's and Battelle's. They led this initiative and worked with management, not only putting the many pieces into place to prevent accidents and injuries at a high-hazard worksite, but also by building a culture of safety excellence here. OSHA recognition of the TOCDF as a VPP Star site is a welcome validation of our efforts and commitment to a safe workplace."

Dr. Reza Karimi, Battelle TOCDF senior site manager and director of Laboratory Operations, said, "I am grateful to OSHA for recognizing the TOCDF as a VPP Star worksite. Battelle is proud to have such a prominent role in this important national project, and we are committed to conducting our work safely, doing everything we can to ensure the safety of our workers and neighbors in the local communities while protecting our beautiful Utah environment."

The TOCDF's new VPP Stars make a strong statement about the way we work." OSHA VPP officials reported



only one in 5,000 of U.S. workplaces are VPP sites at either the Star or lesser "Merit" levels. EG&G and Battelle reportedly are the 71st and 72nd Star worksites in OSHA's Region 8, which comprises the states of Utah, Colorado, Wyoming, Montana and North and South Dakota.

Only seven other workplaces in Utah have achieved VPP status at either the Star or Merit levels, and EG&G and Battelle now are the fifth and sixth Utah workplaces to achieve Star status.



## SUCCESS THROUGH SAFETY!

We want to brag about our members! Let us hear about your safety and health success stories so that they can be highlighted in Safety Matters. Please fax or e-mail your story to:

(801) 478-0884 Fax  
safety@utahsafetycouncil.org

# Off-The-Job Safety Program Manual

The Off-The-Job Safety Program Manual 2nd Edition takes you through these processes:

- Investing in off-the-job safety
- Collecting data
- Measuring off-the-job safety costs

This manual outlines the elements of a successful program, discusses motivating employees and creating the right workplace culture, and offers tips and tactics for communicating your off-the-job safety program. The last chapter summarizes off-the-job safety topics that can be applied within your off-the-job safety program. The Companion CD includes tools to help companies establish an off-the-job safety program. These tools include a gap analysis, a compass to plot program implementation, a customizable PowerPoint presentation used to make the case to upper management for off-the-job safety, and profiles of various companies' off-the-job safety program components. CD requires Adobe Acrobat Reader and Microsoft PowerPoint, Windows only.



**Product #: 122100000**

**Member Price: \$40.40**

**Non-Member Price: \$52.52**

To order contact Mona at (801) 478-7878 ext. 302, (800) 933-5943 ext. 302 or via e-mail at [mkimbrough@utahsafetycouncil.org](mailto:mkimbrough@utahsafetycouncil.org).

## Slips, Trips and Falls

**Slips** involve a loss of balance caused by too little friction between your feet and the surface you walk or work on. Loss of traction is the leading cause of workplace slips.

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking. You can help avoid slips by following these safety precautions:

- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you, and point your feet slightly outward.
- Clean up or report spills right away. Even minor spills can be very dangerous.
- Don't let grease accumulate at your workplace.
- Be extra cautious on smooth surfaces such as newly waxed floors.

**Trips** occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and don't pay attention to where you're going. You can help avoid trips when you:

- Make sure you can see where you are walking. Don't carry loads that you cannot see over.

- Keep walking and working areas well lit, especially at night.
- Keep the workplace clean and tidy. Store materials and supplies in the appropriate storage areas.
- Arrange furniture and office equipment so that it doesn't interfere with walkways or pedestrian traffic in your area.
- Properly maintain walking areas, and alert appropriate authorities regarding potential maintenance related hazards.

**Falls** occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason. To avoid falls consider the following measures:

- Don't jump off landings or loading docks. Use the stairs.
- Repair or replace stairs or handrails that are loose or broken.
- Keep passageways and aisles clear of clutter and well lit.
- Wear shoes with appropriate non-slip soles.

### Employee Training

There are no formal training requirements for slips, trips, and falls. However you must train your employees to recognize and avoid unsafe conditions.

your **SAFETY** matters

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*The MISSION of The Utah Safety Council is to promote safety and health by providing education, services and products.*