



Slips, Trips, & Falls

Instructor -- Chris Jenkins

Division -- Spokane

Start Date -- 2025-08-26

Expiration Date -- 2026-08-26

Job Name -- MultiCare Valley Hospital

Foreman -- Jonathan Beck

Attendance -- Jonathan Beck, Chris Jenkins, Tyler Case

Comments:

Let's face it : no one wants to be the person who trips over a hose or an extension cord, wipes out in the mud, and becomes the star of the next viral safety fail. But slips, trips, and falls: They're no laughing matter.

They're one of the top causes of injuries on construction sites:and they sneak up when you least expect it. They send thousands of workers to the ER every year. And we're not talking about dramatic rooftop falls, we're talking about walking across the site and stepping into a hidden trench, slipping on sawdust, or eating dirt on a muddy slope all resulting in broken bones, cuts, sprains & strains, back and traumatic brain injuries.

The Usual Suspects - What's Trying to Take You Down.

Left-behind gear - hoses, cords, hand tools, buckets, scrap wood:if it's on the ground, it's a trap.

Debris - random chunks of lumber, metal, or brick that weren't cleaned up.

Mud - on walkways, ladders, or your boots'slip city.

Spills - coffee, rainwater, soda, leaks'turn any surface into a slip-n-slide.

Open holes - trenches, cutouts, or floor openings with zero warning signs.

Bad lighting - poor visibility under scaffolds, in stairwells, or early morning gloom.

How to Stay on Your Feet and Off of YouTube.

Housekeeping & Work Area Cleanliness

Keep walkways and work areas clear of tools, debris, and materials.

Clean up spills (water, oil, mud) immediately to prevent slips.

Keep MEWP platforms tidy:no loose tools or materials.

Remove, fix, or report any hazards you encounter. Don't leave it for the next person.

Footwear & Clothing

Wear slip-resistant, well-fitting footwear with soles in good condition.

Remove or wipe muddy boots before entering buildings.

Avoid baggy or torn clothing that can catch and cause trips.

Hazard Identification & Control

Mark hazardous areas (wet floors, uneven surfaces, holes) with cones, tape, rope, and signage.

Watch for and report floors that are uneven, damaged, or wet.

Secure hoses, cords, and cables out of walkways or use cord covers.

Equipment & Access

Inspect ladders and scaffolding daily:ensure they're stable and in good condition.

Improve visibility'report defective lighting and make sure all areas are well lit.

Behavior & Awareness

Stay off cell phones while walking or working.

Ask yourself: :Could someone trip on what I:m doing::: If the answer is yes:fix it.

Stay alert - jobsite conditions are constantly changing.

Remember This!

Let's avoid the ER:and the group text chain roasting your fall. Make sure you are always aware of your surroundings and where you are walking. Also, if you see a hazard, let your coworkers and foremen know immediately. Working together to keep the jobsite clean and hazard free is the best

prevention.