

AVOID SLIPS, TRIPS & FALLS: Watch Where You're Working

Working conditions at mines – such as uneven walking surfaces, loose or excavated materials, bad weather conditions and operating machinery – can make it easy for miners to slip, trip or fall.

Stay alert at all times to hazards that might injure you or a co-worker, and don't hesitate to report unsafe conditions.

WATCH YOUR BALANCE:



SLIP

Sliding when there's too little friction or traction between your shoe and the walking surface



TRIP

Stumbling on something, getting tangled up, or dropping to a lower level unexpectedly

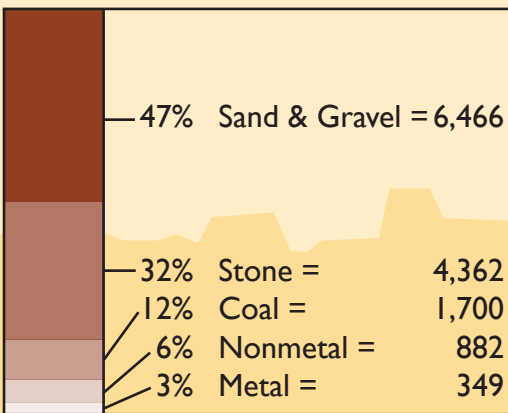


FALL

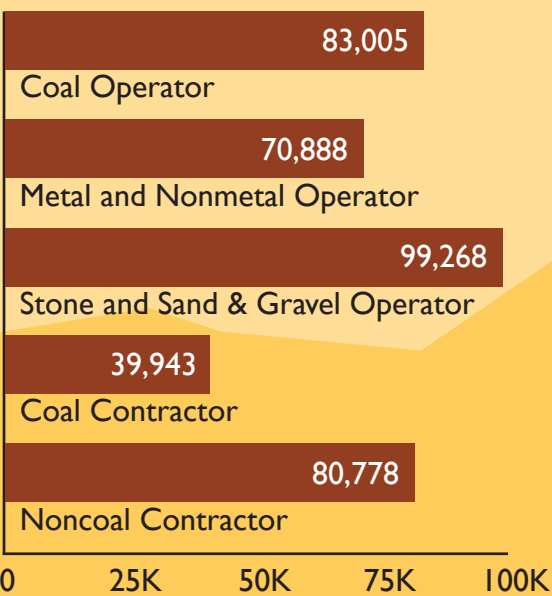
Losing your center of balance and dropping to the ground, or to a lower level

SLIPS AND FALLS HAPPEN EVERYWHERE

A Active Mining Operations (in 2013) = **13,759** employees/contractors



B Employees by Industry (in 2013) = **373,882**



SIX TIPS TO AVOID FALLING

- 01 Three Points of Contact** – Keep either two hands and one foot, or one hand and two feet in contact with ladders at all times when climbing on or off.
- 02** Pay attention to the height of each rung and use handholds.
- 03** Don't carry objects when mounting or dismounting equipment.
- 04** Maintain traction – keep boots free from dirt, oil and grease.
- 05** Wear fall protection gear when appropriate.
- 06** Notice and report any unsafe elevated work areas.

DON'T SLIP, NEVER TRIP

- ✓ Keep work areas free from debris.
- ✓ Watch where you're walking.
- ✓ Walk around water and other slippery spots.
- ✓ Get trained to recognize any unsafe hazards at work.
- ✓ Be attentive. Keep your mind on your job at all times.
- ✓ Always keep your glasses and goggles clean.

SLIPS OR FALLS MEAN LOST TIME FOR MINERS

5,258 nonfatal mining injuries reported in 2013

1,342 caused by slips or falls

Body part injured most frequently – **the back**

So roughly 1/4 of all injuries are due to slips or falls



59,884 workdays were lost in 2013 from back injuries alone.

SLIP OR FALL ACCIDENTS

- ➔ 21% of all reportable (Jan.- June 2015)
- ➔ 20.5% of all reportable (2014)
- ➔ "Slips and Falls" are usually the second largest injury category, after "Handling Materials."



To learn more, visit www.coresafety.org