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# 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:**



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

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### 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

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

.6% Nonmetal =

Employees by Industry (in 2013) =

3% Metal =

83,005

Coal Operator

70,888

Metal and Nonmetal Operator

99,268

882

349

Stone and Sand & Gravel Operator

39,943

Coal Contractor

80,778

Noncoal Contractor

25K 50K 75K

## SIX TIPS TO AVOID FALLING

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.

Pay attention to the height of each rung and use handholds.

Don't carry objects when mounting or dismounting equipment.

Maintain traction – keep boots free from dirt, oil and grease.

Wear fall protection gear when appropriate.

Notice and report any unsafe elevated work areas.

## 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."

## **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.



To learn more, visit www.coresafety.org



**Sources:** • Mine Safety and Health Administration (MSHA)

- MSHA Instruction Guide Series IG 43, Revised 2004
- MSHA Accident Prevention Program, Fall Arrest Systems-01/27/2003

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• National Institute for Occupational Safety & Health (NIOSH) - "A Review of NIOSH and U.S. Bureau of Mines Research to Improve Miners' Health & Safety Training – Peters, Vaught, Mallett (Co-Authors)