

FEATURED ARTICLE



How do falls happen?

Statistics show that the majority (60 percent) of falls happen on the same level resulting from slips and trips. The remaining 40 percent are falls from a height. This document will summarize information on “falls on the same level” (slips and trips). Falls from an elevation, such as falls from ladders, roofs, down stairs or from jumping to a lower level, etc., will be discussed in another document since each type of fall requires different features in a fall prevention program.

SLIPS

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats, and flooring other walking surfaces that do not have same degree of traction in all areas.

TRIPS

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common causes of tripping are:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered cables
- Bottom drawers not being closed
- Uneven (steps, thresholds) walking surfaces

For more information on slips and falls in the workplace please [click here](#).

OUR SERVICES

Job Specific Rehabilitation

Work
Conditioning/Hardening
Programs

Functional Capacity
Evaluations (FCE)

Fit for Work Assessment

Post Offer Pre-Employment
Screening (POET)

Job Demands Analysis (JDA)

Job Transfer Testing

Preventative Maintenance
Testing for the Aging
Workforce

Fitness Programs for the
Industrial Athlete

Ergonomic Workstation
Assessments

Ergonomic Hazards Analysis

On Site Therapy Support

Educational Programs
(CEU's)

Fit2WRK[®] CONNECTION

*"An integrated approach towards the evaluation, management
& treatment of soft tissue injuries in the workplace."*



Kingsford: The Kingsford Manufacturing Company has taken many steps to ensure that they operate in an environmentally responsible manner. Today, Kingsford[®] charcoal is the leading U.S. charcoal brand, and also an industry leader in environmental controls and sustainability for charcoal manufacturing.

As a result of their commitment to the safety and well-being of their employees, their corporate incident rates continue to improve. As they begin fiscal year 2012, the company's recordable incident rate is 0.77, well below their targeted goal of 1.0. The company's lost-time rate was also below their target, showing 0.20 vs. a 0.35 goal. Their success has been a result of the hard work and dedication of their employees around the world. With their continued ownership & participation, the vision of a zero-incident workplace can become a reality. Kingsford: The Kingsford Manufacturing Company has taken many steps

"Thanks so much for your excellent work – here's a running list of just some of the ergonomic risk-reduction improvements we have made or are in the process of developing as part of your recommendations; Processing: Lifting 300# Railcar knuckle with partner – eliminated by using an alternate tool, Processing: Pushing/Pulling 250# Rail switches – cut force in half with improved preventive maintenance, Processing: Overhead pulling of >40 pounds to set and release Railcar brakes – on verge of elimination after finding and ordering a tool designed for this job, Packaging: Picking up and carrying individual or multiple 20 lb bags to be reworked – on verge of elimination by requiring Dolly to be used for all bag movement, Packaging: Picking up and moving 70 lb pallets – on verge of elimination by requiring a forklift to perform all pallet movements." - Clint Myrick, Administrative Manager, Kingsford Products Co., subsidiary of The Clorox Company.

*Did you know that
falls accounted for
almost \$15 BILLION
in direct workers
compensation
costs in 2012?*

This direct cost only covers the a small piece of the total cost associated with a workers compensation injury. According to a common theory, the indirect costs are often seen to total 4x that of the direct costs of an injury, meaning that a \$5,000 direct cost injury may cost the company up to \$25,000 in both direct and indirect costs. The key is prevention!

Fit2wrk is featured on
PTandMe.com



**An informational site for patients
interested in or considering
physical, occupational,
and/or hand therapy.**