

PLAYING IT SAFE

OIL & GAS

Watching Out for Slipping Hazards

Slip, Trip and Fall Precautions for Oil and Gas Workers

Slips, trips and falls can cause serious pain in the form of head injuries, back injuries, broken bones, sprains and strains to muscles. Trying to catch your balance when you slip or trip can cause serious injuries, even if you don't fall.

Easy Prevention

Although injuries resulting from slips, trips and falls are often easily preventable, they still happen. There are several ways to protect yourself against slips, trips and falls on the job, especially when things get a little "oily" and slick.

Slipping Tips

Keep the following precautions in mind to avoid slipping hazards at work:

- Wear personal protective equipment (PPE), such as a hard hat, work gloves, safety shoes and eye protection in case you fall.
- Be aware of slipping and falling hazards when working on the drilling floor, serving rig floors and other platforms.
- Use guardrails and guards around work areas that are prone to slips, trips and falls.
- Install, inspect and secure stairs and handrails.
- Use ladders only in good repair that do not have missing rungs.

- Do not install stairs with missing or damaged steps.
- Keep walkways clean and free of debris or other tripping hazards.
- Keep all cords and hoses orderly and clear of walking spaces.
- Cover open cellar holes.
- Conduct a pre-job inspection to identify, and consequently eliminate or correct hazardous working conditions.
- Wear appropriate waterproof footwear to decrease your chance of slipping and falling.

Keep an Eye Out

If you notice any conditions on the job site that you think may present a slipping hazard, correct them immediately or let your supervisor know. Immediately resolving the problem could mean saving yourself or a co-worker from lost pay and a lot of pain!

Be safe and healthy on the job at
with these helpful tips
provided by **SCS Agency Inc.**

"If you notice messes, clean them up. This will eliminate your risk of slipping and falling, and will prevent others from doing the same."

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