

Protecting Workers from Slips, Trips and Falls during Disaster Response

Responding to natural and man-made disasters puts emergency response workers at risk of injury or death from slips, trips and falls.

Steps employers must take to keep workers safe:

- Conduct pre-incident disaster response planning and ensure that emergency workers know the plan.
- Assess the workplace to determine if hazards are present or are likely to be present.
- Provide protective equipment to prevent slips, trips and falls including:
 - Slip-resistant **footwear** (e.g., rubber soles).
 - **Gloves** so workers can grip railings/ladders safely to steady themselves.
 - **Head protection**
 - **Personal fall protection**
- Train workers to identify hazards, including those that require protective equipment, and how to prevent injury.

Ways to Prevent Slips, Trips and Falls

Where possible, avoid walking on wet/slippery surfaces; wipe off the bottom of wet footwear.

- Use flashlights or helmet lights to stay clear of holes or floor openings, wet or slippery surfaces, and debris or equipment.
- Do not step on any surface until you have visually inspected it to ensure there are no holes or weak spots and that it can support workers and their equipment.
- Never carry equipment or loads in your hands when climbing ladders.
- Wear backpacks and tool belts to hold equipment and keep both hands free.
- Use fall protection when walking or performing emergency response activities near unprotected edges of elevated surfaces.
- Use communication devices, particularly hands-free devices, for contacting employers/incident commanders and other workers about slip, trip and fall hazards.

Remember

- When in doubt about the safety of an activity, stop and notify a supervisor.

For more information:



**Occupational
Safety and Health
Administration**

www.osha.gov (800) 321-OSHA (6742)

救灾期间保护救援人员 避免滑倒、绊倒和跌倒

应急救援人员在应对自然和人为灾难时，会面临因滑倒、绊倒和跌倒而受伤甚至死亡的风险。

雇主必须采取的、确保工人安全的步骤包括：

- 制定事前灾难响应方案并确保应急救援人员了解该方案。
- 评估作业场地，以确定其是否存在或可能存在危险。
- 提供防护装备以防止滑倒、绊倒和跌倒，它们包括：
 - 防滑鞋（例如橡胶鞋底）。
 - 手套，工人可以牢固地抓住栏杆/梯子以稳定自己。
 - 头部防护装置
 - 个人跌落保护
- 培训员工们识别危险——包括需要防护装备的危险，以及如何防止受伤。

防止滑倒、绊倒和跌倒的方法

尽量避免在湿滑的地方行走；将湿掉的鞋底擦干。

- 使用手电筒或头盔灯，以避开洞口或地板开口、潮湿或光滑的表面、以及碎片或设备。
- 在目视检查以确保没有孔洞或薄弱处、并且可以支撑工人及其设备的重量之前，请勿踏上任何表面。
- 攀爬梯子时切勿手持设备或工具。
- 使用背包和工具带以固定设备、解放双手。
- 在高空未受保护的边缘附近移动或执行应急救援时，使用防坠落保护装置。
- 将滑倒、绊倒和跌倒的危险用通讯设备——尤其是免提设备——通知雇主/救援主管和其他工人。

请牢记

- 当您对某项任务的安全性有疑问时，请停止并通知主管。



如需更多信息，请联络：



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