

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.



救災期間保護救援人員 避免滑倒、絆倒和跌倒

應急救援人員在應對自然和人為災難時，會面臨因滑倒、絆倒和跌倒而受傷甚至死亡的風險。

雇主必須採取的、確保工人安全的步驟包括：

- 制定事前災難回應方案並確保應急救援人員瞭解該方案。
- 評估作業場地，以確定其是否存在或可能存在危險。
- 提供防護裝備以防止滑倒、絆倒和跌倒，它們包括：
 - 防滑鞋（例如橡膠鞋底）。
 - 手套，工人可以牢固地抓住欄杆/梯子以穩定自己。
 - 頭部防護裝置
 - 個人跌落保護
- 培訓員工們識別危險——包括需要防護裝備的危險，以及如何防止受傷。

防止滑倒、絆倒和跌倒的辦法

儘量避免在濕滑的地方行走；將濕掉的鞋底擦乾。

- 使用手電筒或頭盔燈，以避開洞口或地板開口、潮濕或光滑的表面、以及碎片或設備。
- 在目視檢查以確保沒有孔洞或薄弱處、並且可以支撐工人及其設備的重量之前，請勿踏上任何表面。
- 攀爬扶梯時切勿手持設備或工具。
- 使用背包和工具帶以固定設備、解放雙手。
- 在高空未受保護的邊緣附近移動或執行應急救援時，使用防墜落保護裝置。
- 將滑倒、絆倒和跌倒的危險用通訊設備——尤其是免提設備——通知雇主/救援主管和其他工人。

請牢記

- 當您對某項任務的安全性有疑問時，請停止並通知主管。

更多資訊：



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