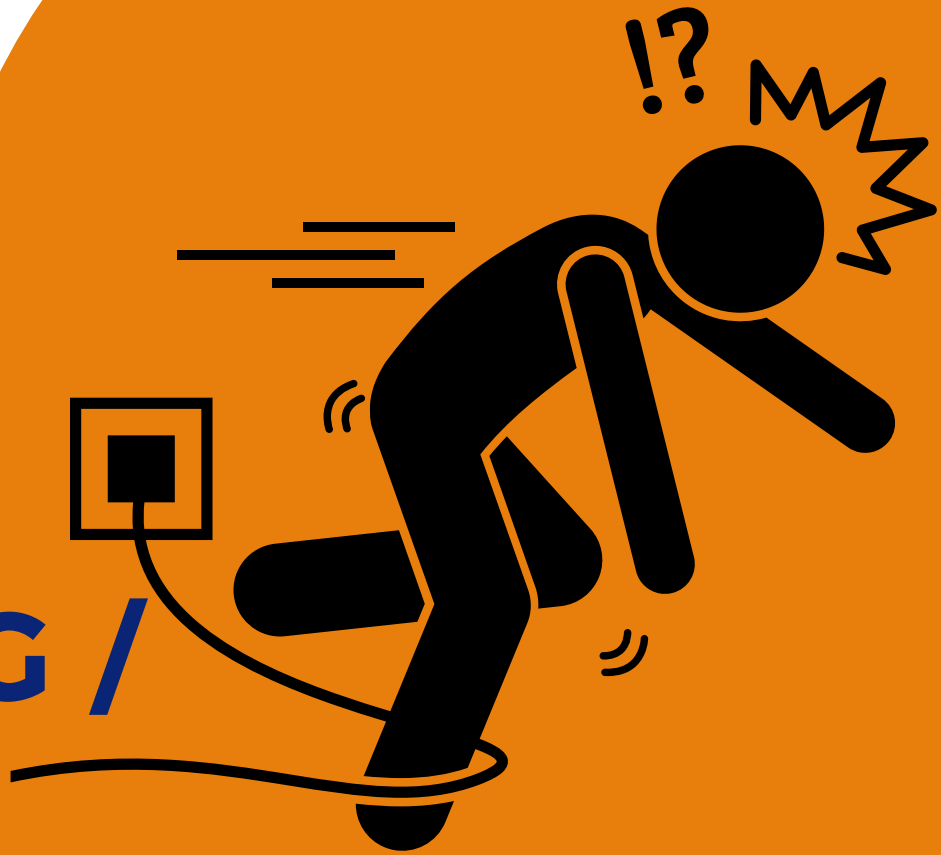


TRIPPING / FALLING



A MONTHLY SAFETY TOPIC
BY SAFER VRS

INTRODUCTION

Tripping and falling incidents are one of the most common types of accidents in properties, including vacation rentals. These incidents can cause serious harm to guests, employees and contractors, and it is important to prevent them from happening. This guide aims to provide guidelines and best practices to reduce the risk of tripping and falling incidents and ensure the safety of everyone in the property.

Hazard Recognition and Addressing:

Recognizing potential hazards and addressing them is crucial in reducing the impact of tripping and falling incidents. This can include but is not limited to, regular inspections of the property, fixing uneven floor surfaces, removing tripping hazards such as loose rugs or electrical cords, and ensuring proper lighting in all areas of the property.

By implementing these best practices, the likelihood of tripping and falling incidents can be greatly reduced, ensuring the safety of everyone in the property.

Understanding Tripping and Falling Hazards

Tripping is catching one's foot on something, which typically causes you to stumble. These typically occur on walkways such as floors, driveways, entryways to the property, changes in elevation on the same level, and stairs.

Common tripping hazards in properties

- Uneven driveway
- Uneven walkways to the entry and exits of the property
- Uneven pavers used for the walkway to the property
- Tree roots
- Holes in the yard
- On boarded walkways, loose or uneven boards or nail pop ups
- Any changes in elevation inside and around the property

Importance of Lighting

Proper lighting is crucial in reducing the risk of tripping incidents in properties. The following are important considerations for lighting in properties:

- Adequate lighting must be provided for the entryway to the property for guests arriving after dark.
- Lighting must be provided for the front and back yard of the property.
- Lighting for the driveway is important to reduce tripping potential and for emergency vehicles responding to the property.

Understanding Slipping Hazards

Slipping is a type of accident that occurs when a person slides unintentionally for a short distance, typically losing their balance or footing. This type of accident is often caused by slippery surfaces, such as wet floors or ice.

Common slip hazards:

- Wet floors, such as in bathrooms, kitchens, and entryways
- Rugs or mats without proper slip-resistant backing, especially in bathrooms and entryways
- Icy conditions around and leading to the entryway to the property and roads
- Soapy or slippery substances that have been spilled on the floor or ground

TYPES OF FALL PREVENTION METHODS

There are various methods to prevent falls, including fall elimination, fall prevention, fall arrest, and administrative controls.

- ✓ Fall elimination: finding ways to avoid working at heights
- ✓ Fall prevention: using guardrails or barricades to prevent personnel from falling
- ✓ Fall arrest: stops a person who has fallen
- ✓ Administrative controls: measures that do not physically prevent people from falling or going over an edge, such as safety observer on a water slide or worker at height, or warning line near an open fall

VERIFICATION STEPS

The verification checks for preventing falls includes ensuring proper installation and annual inspection of guardrails and handrails, maintaining adequate lighting, inspecting for tripping hazards, providing slip-resistant stairs and non-slip flooring in bathtubs/showers, and using anti-skid rugs or mats. These measures aim to reduce the risk of falls and ensure the safety of guests and personnel in properties.

Checklist for Preventing Falls

- Ensure that guardrails and handrails are installed on all decks, stairs, and walkways elevated more than 30 inches above an adjacent surface within 36 inches.
- Check the strength and condition of railings annually.
- Ensure that handrails are continuous from the top of the stairs to the leading edge of the bottom tread.
- Avoid using bar height chairs on balconies and instead opt for regular height chairs.
- Keep chairs and tables away from balcony guardrails.
- Maintain adequate lighting for entryways, exits, driveways, stairs, and all rooms inside the property.
- Inspect for and remove tripping hazards along entryways and exits.
- Provide slip-resistant stairs with proper depth, width, and height for safe access and durable hand and guard rails.
- Provide non-slip stickers or flooring in all bathtubs and showers and ensure that handles are available for support.
- Use rugs or floor mats with anti-skid backing.

CONCLUSION

Tripping, slipping, and falling hazards pose a significant threat to the safety of guests, employees, and contractors. By following the guidelines and best practices outlined in this guide, property owners and managers can help prevent tripping, slipping, and falling incidents and ensure a safer environment for all those on the property.