

Dear valued partner,

Slips, Trips and Falls are a majority of claims reported to Rockwood so far this year in 2024. This safety topic was last covered in December 2023 but bears repeating due to the rise in claims. Additional information to the [December newsletter](#) follows below:

Do you know how much slips/trips/falls could cost your company?

- According to NCCI data, lost time workers' compensation fall/slip claims cost an average of:
 - a) \$10,347
 - b) \$20,897
 - c) \$49,971
 - d) \$75,002

Answer at the end of the email.



(Missed a previous email? [Click here](#) to see an archive of previous month's safety emails on Rockwood's Loss Control website.)

WHAT ARE SLIPS/TRIPS/FALLS?



Slip: A slip occurs when the foot unintentionally slides on a walking or working surface.



Trip: A trip occurs when the foot gets caught on an object or obstruction while walking.








Fall: Slips and trips can lead to falls, as can other hazards in the mining environment. Falls can occur to the same level or to a lower level.

- Above graphic from [NIOSH Slip, Trip and Fall Prevention for Mining](#)



SAFETY TIPS FOR SLIPS/TRIPS/FALLS

	<u>FOOTWEAR:</u>	Wear appropriate footwear with slip-resistant soles, especially in areas prone to spills or wet surfaces.
	<u>CLEAN AND DRY FLOORS:</u>	Report and address spills immediately. Keep walking surfaces clean and dry to minimize the risk of slips.
	<u>OBSTACLE AWARENESS:</u>	Be mindful of your surroundings, and keep pathways clear of obstacles. Report any potential hazards promptly.
	<u>PROPER SIGNAGE:</u>	Caution signs and warnings are there for a reason. Pay attention to signage indicating slippery surfaces or potential dangers.
	<u>LIGHTING:</u>	Ensure work areas are well-lit to enhance visibility and reduce the risk of tripping.

Rockwood Resources:

- [Rockwood Toolbox Talk – Winter Snow Removal Safety](#)
- [Rockwood Toolbox Talk – Housekeeping](#)
- [Icy Sidewalks](#)
- [Winter – Slips and Falls](#)
- You can find additional Rockwood Toolbox Talks [here](#).

MSHA, OSHA and other Resources:

- NIOSH | [Eliminate slip, trip and fall hazards in the Environment](#)
- [ErgoMine](#) | MSHA ErgoMine is an ergonomics audit tool designed specifically for mining. It includes: ergonomics audits for three types of mining operations; slip, trip, and fall hazard checklists; musculoskeletal disorder (MSD) risk factor evaluation forms; and a tool to document and track remedial actions to address identified deficiencies.
- NIOSH | [Investigation of a Slip/Fall Accident](#)

- The Pennsylvania Bureau of Workers' Compensation, Health & Safety Division offers numerous FREE safety webinars. To access the PATHS Training Calendar visit www.dli.pa.gov/paths



Learn more about **SLIPS/TRIPS/FALLS** on Streamery

Every Rockwood policy includes access to Streamery, a vast safety library with videos, quizzes and more resources to help you promote safety in your workplace. If you don't have access, contact us to get a username. Enter the SKU number below to find the recommended video.

Watch [Streamery](#) videos on **SLIPS/TRIPS/FALLS**:

- **Small Falls are a Big Deal - Concise:** 10 min / SKU: 2366 + 2366-S / English & Spanish
- **Slips, Trips and Falls: Stranger Than Friction:** 19 min / SKU: 5467 +3627-S / English & Spanish
- **Safety Housekeeping and Accident Prevention:** 17 min / SKU: 5467 / English
- **Many more on Streamery**



BONUS MATERIALS:

1. FR (Fire Resistant) Clothing

LIFE EXPECTANCY: Do you know how long FR clothing remains flame-resistant?? (It is shorter than you may think.) There are different recommendations for fabric make ups so check with the manufacturer specifically. For example:

“Cotton-nylon blends will generally remain flame-resistant for anywhere from 18 months to 30 months if they are washed and worn once a week.”

WASHING/LAUNDERING: Ensure proper washing instructions. No bleach should be use, no detergents that include bleach, no laundry soaps that contain lard or other animal fat and no fabric softeners/dryer sheets (animal fats and scented softeners are flammable, which ruin the flame resistance of the uniform).

INSPECTION: A quick inspection of the garments may be need implemented if it isn't already done by employees.

There are a number of signs that it's time to retire a uniform because of its lack of flame resistance:

- **Thin patches or worn areas.** *If the fabric is worn out, there are abrasions to the fabric or there are any areas where you can see the fabric, the uniform's integrity has been compromised, and it's time to discard it.*
- **Rips or tears.** *Similarly, rips or holes in the fabric mean that it is no longer able to protect the wearer's skin from flames and thermal injury. Any flames will go directly to the skin because there is no barrier.*
- **Significant alterations.** *If the fabric is cut and re sewn aggressively, it may no longer be serviceable as protection, especially in the areas of the new seams.*

- **Misshapen uniform.** *If the fabric is old enough to become baggy or it no longer fits the wearer the way it should, it may not be protective and should be replaced.*
- **Bleach contact.** *If any part of the uniform comes into contact with bleach on the job or in the process of being cleaned, it's time to replace it.*
- **Irreparably dirty.** *If the uniform has been cleaned but still smells like chemicals, has greasy stains or is otherwise no longer serviceable, a new uniform is needed.*

There is more info [here](#).

2. SEAT BELT COVERS



Don't forget that Rockwood Casualty is providing **FREE** high visibility seatbelt covers to our insured to assist in enforcement of seatbelt use by employees. Please contact safetysolutions@rockwoodcasualty.com to make a request for your company and specify orange or yellow.



Questions? Feel free to reach out: As always, your Rockwood partners are available to answer your questions and help you promote safety in the workplace. Contact Rockwood Loss Control for any support you need.

ANSWER: According to NCCI data, lost time workers' compensation fall/slip claims cost an average of:

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- \$75,002

How could your company better spend \$49,971 ?!



#RockwoodSafetySolutions #LossControl #SafetyTips

Thank you for your continued partnership,

Rockwood Loss Control Team

Safetysolutions@rockwoodcasualty.com