



### Avoiding Slips, Trips, Falls



#### Did You Know?

- Slips and falls account for over 1 million emergency room visits annually
- Fractures are the most serious consequences of falls and occur in 5% of all people who fall
- Slips and falls represent the primary cause of lost days from work
- Slips and falls are the leading cause of workers' compensation claims and are the leading cause of occupational injury for people aged 55 years and older
- Floors and flooring materials directly contribute to more than 2 million fall injuries each year
- 85% of workers' compensation claims are attributed to employees slipping on slick floors
- Compensation & medical costs associated with employee slip/fall accidents is approximately \$70 billion annually
- 22% of slip and fall incidents resulted in more than 31 days away from work
- According to the U.S. Bureau of Labor Statistics [2009], the incidence rate of lost-workday injuries from slips, trips, and falls (STFs) on the same level in hospitals was 38.2 per 10,000 employees, which was 90% greater than the average rate for all other private industries combined (20.1 per 10,000 employees). STFs as a whole are the second most common cause of lost-workday injuries in hospitals.
- Slips, trips, and falls result in 17% of all nonfatal workplace injuries—the highest frequency of injury of any single regulated activity

#### Top 10 Slip, Trip and Fall Hazards

1. Contaminants on the floor
2. Poor drainage
3. Indoor walking surface irregularities
4. Outdoor walking surface irregularities
5. Weather Conditions
6. Inadequate lighting
7. Stairs and Handrails
8. Stepstools and Ladders
9. Trip hazards (clutter, loose cords, medical tubing)
10. Improper use of floor mats

## What Can You Do?

Safety is everyone's responsibility. Do your part!

1. Report and/or clean up spills immediately; if a spill can't be cleaned up right away, place "wet floor" warning signs for others
2. Keep walkways and hallways free of debris, clutter and obstacles
3. Practice good housekeeping- remove trip hazards from your work area
4. Remove cables or cords that may pose a trip hazard
5. Keep cabinet doors and desk drawers shut when not in use
6. Make sure stairs are safe; use the handrail
7. Be mindful when walking- watch where you're going, and wear comfortable, properly fitted shoes
8. Don't carry loads that block your vision
9. Report uneven floor surfaces immediately
10. Report burnt-out light bulbs promptly



## Be Smart About Driving



### A "Reality Check"



- Every 12 minutes, someone dies in a motor vehicle crash
- Every ten seconds, a vehicle-related injury occurs
- Every five seconds, a vehicle collision occurs
- Vehicle collisions are the Number 1 cause of work-related deaths in the U.S.

**ALMOST ALL OF THEM ARE PREVENTABLE!**

## Most Common Causes of Fatal Vehicle Accidents

- Distracted drivers
- Driver fatigue
- Drunk or impaired driving
- Speeding
- Aggressive driving
- Weather





## Safe Driving Basics



- Always wear a seatbelt
- Adjust the seat and check mirrors
- Always pay attention
- Avoid using cell phones and other electronic devices
- Never drive while impaired
- Do not speed
- Never run stop signs or red lights
- Give pedestrians the right of way
- Avoid all other distractions
- Look out for other drivers – **Drive Defensively**



## EHS Storm Water Education and Outreach



The CSUCI EHS Office, in partnership with the Ventura County STEM (VC STEM) Network, recently received an opportunity to provide education and outreach for 6th grade students enrolled at the University Preparation Charter School (UPCS) located in Camarillo CA.

Through the Junior Scientist Program, an initiative of VC STEM which is lead by CSUCI, established by Dr. Philip Hampton (Interim Director of Science, Technology, Engineering, and Math Initiatives) with funding from Amgen Foundation, two CSUCI students- Jasmine Smith and Haya Jabar- taught the 6th grade students to perform a stormwater trash survey of their campus.

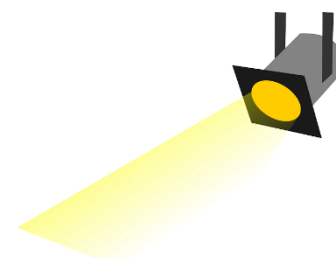
The UPCS students learned that, when trash ends up on the ground, it can make its way to the ocean through the storm drain system. The students performed a trash survey and came up with proposals to reduce trash on their campus.

UPCS students presented their survey findings and recommendations during a UPCS Environmental Fair conducted on 21 March 2019 and they will also present during the 11th Annual SAGE Student Research Conference scheduled for Saturday, May 4, 2019.

# Safety Spotlight



Name: **Kimberly Gardner**  
Department: Biology



A hazardous chemical called cobalt chloride was previously used to perform certain biology lab experiments. Kimberly discovered that this hazardous chemical could be substituted with a safer alternative called red cabbage Jiffy Juice. Cobalt chloride exposure can be associated with an array of adverse health effects, including: acute oral toxicity, chronic aquatic toxicity, reproductive toxicity, carcinogenicity, germ cell mutagenicity, skin sensitization, respiratory sensitization, and serious eye damage. Red cabbage Jiffy Juice has zero documented adverse health effects! Needless to say, the lab now uses this chemical to perform the experiment. Thanks to Kimberly's initiative and acute attention to safety, students, staff, and faculty can now perform the experiment in a much safer way.

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Suggestions and comments are encouraged!

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