

# Falls are the most common accident in agriculture and can result in serious injuries or death.

### SLIPS, TRIPS, & FALLS

Falls can take place from an elevated position or on the same level. An example of a same level fall might be falling due to ice in the winter or slippery manure on concrete in the barn. An example of an elevated fall might be falling from a tractor platform, combine, or a grain bin ladder. Same level falls are more common, but falls from an elevated position are more severe.

Prevention is essential to avoid slips, trips, and falls on the farm. Take these precautions to reduce injury.

#### Same level:

- ▶ Wear shoes with slip resistant soles that fit snugly.
- ▶ Keep machinery platforms, floors, and steps clear of snow, mud, and manure.
- ▶ Keep tools and debris picked up to prevent tripping hazards.
- ▶ Stop all machinery and set brakes before getting off equipment. Never jump off.
- ▶ Pay attention to your surroundings by scanning ahead and not texting while walking.

#### Elevated:

- ▶ Use a 4:1 ratio when propping a ladder against a wall. If the ladder is 12 feet tall, the bottom of the ladder should be 3 feet away from the wall.
- ▶ Make sure the ladder and its rungs are in good shape.
- ▶ Clean rungs and side-rails of all debris, making sure your footwear is also clean.
- ▶ Have three points of contact with the ladder, either two hands and one foot when climbing, or two feet and one hand when working.
- ▶ Do not overreach while working on a ladder.
- ▶ Use caution when climbing up and down from machinery.

According to the Department of Labor, some farm work is too dangerous for youth under the age of 16 to perform. One of these hazards is working from a ladder or scaffold of 20 feet or more.

There are nearly as many fall incidents each year as there are motor vehicle fatalities.



Climb down from tractors and other farm equipment slowly and carefully.