



Safety Matters

Environmental Health & Safety

No. 26

Cost of Climbing Injuries

Slips, trips and falls have long been the cause of most on-the-job injuries for campus personnel. But a closer look at those accidents can reveal a leading cause of all those injuries—carelessness.

A growing number of OSU employees are being injured by climbing on chairs, tables, boxes—anything but a ladder—to get something out of reach. These injuries can be quite painful and costly—to the person as well as to the University.



According to the National Safety Council, falls are a leading cause of traumatic occupational death, accounting for eight percent of all occupational fatalities from trauma.

If you do it at work, chances are you probably do it at home. The National Safety Council reports that in 2004, falls were the leading cause of injury-related deaths in American homes (12,800).

You can take these steps to reduce falls: wear sensible shoes, keep hallways and workspaces clutter-free, clean up spills, keep floors clean, and maintain good lighting. Another way to reduce falls is to keep a small step stool available in areas that have out-of-reach spaces—and then USE it.

>> It is unacceptable to use chairs, tables, cabinets, etc. in place of a ladder or step stool. <<

This is a good way to keep the climbing cost of injuries down.

More information on fall prevention can be found on the EHS website at <http://ehs.okstate.edu/links/fall.htm>