

Answer Key 09-004

1. Falls are generally divided into three types: same level, multi-level and elevated. **False**
2. Same level falls tend to occur more frequently than elevated falls. **True**
3. Injuries from elevated falls are usually less severe than those of same level falls. **False**
4. A slip occurs when you lose your footing due to walking surface conditions that limit the amount of traction between your shoes and the surface. **True**
5. Loose flooring (tiles, mats, rugs, etc.) and the surface material itself (ceramic tile, smooth concrete, etc.) can cause one to slip. **True**
6. A trip occurs when you strike an object with your upper body that throws you off balance causing you to fall. **False**
7. Trips can be caused by stepping downward unexpectedly. **True**
8. Inadequate lighting or moving from lit areas to dark areas makes it more difficult to see objects that might cause you to trip. **True**
9. A fall occurs when you are thrown off balance and you go from a standing or erect position, suddenly and unexpectedly, to a downward movement or you drop from one level to a lower level. **True**
10. Good housekeeping is probably the most important, basic step to preventing accidents. **True**
11. Delaying cleanup of a spill means additional employees might be exposed to the hazard. **True**
12. Cords, cables and hoses should be run "overhead" when possible, otherwise they need to be covered and secured. **True**
13. Work areas are safer when well-lit. **True**
14. When moving up or down stairs, walk slowly, use the handrail and take one step at a time. **True**
15. All floor openings and holes should be covered or guarded to prevent people from falling or stepping into the area. **True**
16. Always use a ladder to reach elevated areas; standing or climbing on objects not specifically made for such purposes is extremely dangerous. **True**
17. If you must walk on wet surfaces, there are certain precautions you can take to prevent slipping and falling. **True**
18. If you are walking outside in the rain, you should keep your hands in your pockets to keep them dry. **False**
19. If you fall, try to soften or break the fall with your hands and arms. **False**
20. Report all slip, trip or fall accidents even if no one was hurt. **True**

