GENERAL SAFETY – PART 1
SLIPS, TRIPS, AND FALLS
SPRAINS & STRAINS
ADVERSE WEATHER

CAP Safety Meetings

Revision: 01-2010
INTRODUCTION
SLIPS, TRIPS, AND FALLS

There are many ways to protect from slips, trips, and falls. Even so, they still happen and the following are examples of means to either prevent slips, trips, and falls or to minimize the consequences if they should happen.

- Wear personal protective equipment (such as hard hats, work gloves, safety shoes, and eye protection.)
- Be aware of the slipping and falling hazards when working on the drilling floor, servicing rig floors or other platforms.
SLIPS, TRIPS, AND FALLS


- Keep aisles and passageways clear and in good repair, with no obstruction across or in aisles that could create a hazard [29 CFR 1910.22(b)(1)]. Provide floor plugs for equipment so power cords do not run across pathways.

- Use waterproof footgear to decrease slip/fall hazards.
Examples of means to either prevent slips, trips, and falls or to minimize the consequences if they should happen:

- Keep all work areas clean and clear of oil, tools, and debris.
- Use non-skid surfaces where appropriate.
- Provide guards and guardrails around all work areas prone to slips, trips, and falls.
- Install, inspect, and secure stairs and handrails in accordance with [29 CFR 1926.1052].
- Instruct workers on proper procedures for using and installing ladders.
SLIPS, TRIPS, AND FALLS

- Examples of means to either prevent slips, trips, and falls or to minimize the consequences if they should happen:
  - Use only ladders in good repair that do not have missing rungs.
  - Do not install stairs with missing or damaged steps. Repair them before installing them. Keep walkways clean and free of debris and tripping hazards in accordance with [29 CFR 1910.22].
  - Keep all cords and hoses orderly and clear of walking spaces.
SLIPS, TRIPS, AND FALLS

- Examples of means to either prevent slips, trips, and falls or to minimize the consequences if they should happen:
  - Cover open cellars.
  - Conduct a pre-job inspection to identify, then eliminate or correct hazardous work surfaces.
STRAINS AND SPRAINS
GENERAL SOLUTIONS INCLUDE:

- Use proper lifting technique.
- Hoist slowly to limit pipe momentum.
- Seek assistance when moving large, awkward, or heavy guards and covers.
- Use proper stance and slip-lifting techniques. Slips have three handles and should be lifted jointly by more than one person.
- Use lifting equipment and limit manual positioning of elevators.
STRAINS AND SPRAINS
GENERAL SOLUTIONS INCLUDE:

- Practice proper hand placement and use of pullback (tail) ropes.
- Use mechanical lifting aids, proper lifting techniques, and team lifting where appropriate.
- Use proper hand and body positioning.
ADVERSE WEATHER

- Weather conditions can create hazardous working conditions, therefore it is necessary to monitor weather conditions and forecasts to allow preparation time for such conditions as may occur. Lightning is especially hazardous and unpredictable. When lightning is present, crew members must avoid situations where they could become part of potential electrical current paths.
1. Slip, Trip and Fall Hazards can occur in many locations in particular around drilling floors, servicing rig floors and other work surfaces or platforms:
   A. True  B. False

2. Electrical Cords and Hoses can be run in walkways as long as they are in good condition:
   A. True  B. False

3. An important means to eliminate or correct Slip, Trip and Fall Hazards is to:
   A. Use Manila Rope above walking and working services to indicate there location
   B. Conduct a Pre-Job Inspection
   C. Have designated workers at the base of each walkway
   D. All of the above

4. Key prevention methods in helping to eliminate or reduce Strains and Sprains can include:
   A. Using mechanical lifting aids, proper lifting techniques, and team lifting where appropriate
   B. Drink Energy or Electrolyte Drinks at bedtime
   C. Using a homemade lifting device that can be strapped to objects being lifted
   D. All of the above.

5. Practicing proper hand placement and use of tail ropes/taglines is a practice that can help prevent sprains and strains:
   A. True  B. False

6. What protection can help prevent slips, trips and falls around work areas that are prone to these type hazards:
   A. Fiberglass step ladder secured with nylon rope
   B. Metal steps made of grating
   C. Approved guards and guardrails
   D. All of the above

7. OSHA does not enforce the installation, inspection or securing of stairs and handrails as long as a company has not had any previous citations:
   A. True  B. False

8. It is important to identify and monitor:
   A. Body Placement
   B. Potential Slip, Trip and Fall Hazards
   C. Adverse Weather Conditions
   D. All of the above

9. When positioning elevators it is important to limit manual positioning by alternative means such as lifting equipment/hoist:
   A. True  B. False

10. Weather conditions especially Lighting can be very unpredictable and hazardous around Oil & Gas Work Locations
    A. True  B. False
CAP Safety Meetings ◊ OIL & GAS ACTIVITIES
GENERAL SAFETY – PART 1

STUDENT NAME: [ ]  [ ]  [ ]  [ ]  [ ]

[ ]  [ ]  [ ]  [ ]  [ ]

STUDENT INSTRUCTIONS: Circle the letter representing the correct answer to each quiz question below. Sign and date this quiz sheet.

STUDENT QUIZ – ANSWER KEY
Below is the answer key for the above quiz. Obviously, do not print this page when printing the quiz for the students.

1. A
2. B
3. B
4. A
5. A
6. C
7. B
8. D
9. A
10. A
# Sign-In Sheet for Safe Operations Meeting

**Date:**

**Conducted By:**

**Means to Verify Understanding:**

- [ ] Quiz
- [ ] Q & A - Group Discussion
- [ ] Hands On Demo

**Safety Topic(s) Covered:** General Safety Part 1 – Slips, Trips, and Falls / Sprains & Strains

<table>
<thead>
<tr>
<th>Name (print)</th>
<th>Signature</th>
<th>Employee # or Last 4 digits of SS #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>