



Preserving and protecting our Army's combat resources  
**U.S. ARMY COMBAT READINESS CENTER**

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## **USACRC releases A Leader's Guide to Fall Prevention**

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FORT RUCKER, Ala. — The U.S. Army Combat Readiness Center released *A Leader's Guide to Fall Prevention* today, in its continuing effort to provide Army safety and occupational health professionals with tools and information to aid them in preventing workplace mishaps and injuries.

The guide serves as a tool to assist units and their leaders in complying with the requirements of OSHA's Fall Protection Standard, 29 CFR 1926 (Construction), Subpart M and 29 CFR 1910 (General Industry), Subpart D, as well as to provide other helpful information. It is not intended to supersede the requirements of the standard. Fall protection is also covered under 29 CFR 1915 (Shipyard), 29 CFR 1917 (Marine Terminals) and 29 CFR 1918 (Longshoring). Units are able to add information relevant to their particular mission or facility in order to develop an effective, comprehensive program.

Slips, trips and falls make up majority of general industry accidents and result in 15% of all general industry accidental deaths and are the second leading cause of death behind motor vehicles. As one of most frequently-reported injuries, slips, trips and falls account for more than 25% of reported claims per year and 17% of all disabling occupational injuries.

"Like all mishaps across our Army, a vast majority of slips, trips and falls are preventable," said Brig. Gen. Andrew C. Hilmes, U.S. Army Combat Readiness Center commanding general and director of Army Safety. "Although we rarely suffer a fatal injury in a fall mishap, injuries sustained can be debilitating and long-lasting. We owe it to our Soldiers and Civilians to give them the tools they need to mitigate risks, reduce injuries and maintain readiness."

According to the 2021 Liberty Mutual Workplace Safety Index based on 2018 injuries, the annual direct cost of disabling occupational injuries due to slips, trips and falls is estimated to exceed \$16.84 billion. The average cost from slip and falls was \$22,800 per accident, and the average workers compensation claim was \$19,000.

The new guide is available for review or download from the USACRC Occupational Safety and Health Administration (OSHA) Corner, an online portal to view relevant statistics, reports and other resources, and to report OSHA-related events and violations. Users can access OSHA Corner via the USACRC homepage at: <https://safety.army.mil/ON-DUTY/Workplace/OSHA-Corner>.

The guide establishes criteria and requirements for developing and managing fall prevention programs to protect all Army personnel (military and civilians) at Army activities. From an Army

perspective, injuries to Soldiers and civilians sustained from falls can significantly impact resources and hinder mission capability. This leader's fall protection safety guide is designed to establish criteria for fall protection programs in order to heighten awareness and protect Army personnel exposed to fall hazards in the workplace. It provides safety officers with sample templates to help them bring their safety programs into OSHA compliance.

For more information and to access OSHA Corner, visit <https://safety.army.mil/ON-DUTY/Workplace/OSHA-Corner>.