

EMPLOYEE TRAINING RECORD

TRAINING TITLE Walking - Non-Standard Surfaces

KEY TEACHING POINTS

- Everyone walks on “autopilot.” In other words, everyone makes assumptions about where their foot falls. The assumption is that there is a solid surface with sufficient friction to stop them from slipping and falling. Treat each step as if there were something potentially that could go wrong.
- Some simple rules to follow are:
 - When walking on slippery, or uneven terrain, shorten the steps length. This will help keep your center of gravity closer to your centerline.
 - On really slippery ground, bend your knees to get you lower to the ground - there’s less distance to fall.
 - Pay attention to footwear. Wear boots with steel toes to keep kicked things from entering the foot pocket. They need to have a good tread, but be aware that a good mud tread will be a hindrance on some surfaces such as oiled steel. Along with good footwear, good socks are needed to keep your feet from blistering during walking.
 - On slopes, always carry tools on the downhill side, as a fall is more likely to be into the hill. Throw away anything in your hands when you begin to fall - unless it is something like a walking staff or ice axe.
 - Most people, when they fall, are scared to hit the ground. They throw a hand or elbow out to break the fall, and succeed in breaking their wrist or elbow or shoulder. All their weight is concentrated on one vulnerable bony body part. Instead think purposely about not extending any one part to break a fall. Relax and go down onto the ground, distributing the fall to the soft parts of the body (calf, thigh, buttocks, deltoid muscles of the back, and the musculature of the arm). The only thing that should never hit the ground is your head, and if you tuck your chin in, it probably won’t.
 - Wear long sleeve shirts and long pants. This will help prevent the cuts and scratches some people receive. Baggy pants and shirts are better than “form-fitting” types as they give greater range-of-motion and bees are less likely to sting through them.
 - Plan your fall. Visualize the potential for a fall and be in a place where it will not happen and if it does, you won’t be seriously injured.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 Wear long sleeve shirts and long pants.		
2 Visualize the potential for a fall and be in a place where it will not happen and if it does, you won’t be seriously injured.		
3 Wear boots with steel toes to keep kicked things from entering the foot pocket.		
4 Throw away anything in your hands when you begin to fall.		
5 When walking on slippery, or uneven terrain, shorten the steps length.		
EMPLOYEE’S NAME	EMPLOYEE’S SIGNATURE	DATE
INSTRUCTOR’S NAME	INSTRUCTOR’S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True