



# Grocery Wholesalers – Falls at Same Level

Over 187 wholesale grocery warehouse workers sustained serious injuries in falls at the same level in the years 2000–2004



Serious injuries from falling are costly and affect your industrial insurance premiums. They contribute to the reason for the average base rate of \$1.09 per hour per employee paid by grocery wholesale employers in 2006. If your company has a higher than average number of injuries (claims), your “experience rating” could increase by as much as 25% in one year to \$1.35 per hour per employee.



Stated in another way, if you had 20 full-time grocery warehouse employees and had an average number of injuries (claims), you would pay about \$43,600 in premiums in 2006. If your experience rating increased by 25% because you had higher than average injuries, you would pay about \$10,400 more or \$54,000 in premiums in 2006.

## Causes of fall injuries

Warehouse workers suffer from falls at the same level for a variety of reasons. Some of the most common ones are slips, trips and falls.



Take preventative measures to avoid slips & trips.

## Ways to prevent fall injuries

- Maintain all work floor surfaces dry, clean, un-congested and well lit.
- Provide employees with non-slip shoes and non-skid coating on floors where slips can occur.
- Remove obstructing equipment such as carts, pallet jacks, pallets, and forklifts from aisles, working areas, walkways when not in use .
- Look out for protruding pallets and other product from rack slots. Discourage the storage of product outside racks or on the corners of aisles.
- Keep floor holes covered and open sided floors guarded.
- Train employees on slips, trips and falls prevention.

*Learn more on preventing slips, trips and falls by going to L&I's online safety courses at: <http://www.lni.wa.gov/Safety/TrainTools/>*