

FALL RISKS ON THE FARM

IOWA

College of Public Health



GREAT PLAINS
Center for Agricultural Health

Common places farmers fall, sending them to the emergency room, with tips to prevent falls on farms.

Stairs & Ladders

- Keep stairs & ladders in good condition
- Handrails/stairs are secure & free of objects & slippery surfaces
- Wear non-slip footwear
- When climbing, maintain 3 points of contact

Silos, Bins & Elevated Platforms

- Ladders on silos or bins taller than 30 ft need a safety cage or climbing device
- Bins need permanent ladders for climbing
- Silo & bin ladders should be secure & in good condition
- Elevated platforms, if 4 ft or higher, have a guard rail 42" above platform's walking surface with center bar at 21"

Ponds/Lagoons/Wells, Water/Ice

- Restrict entrance to ponds & lagoons with 8-ft locked, chain link fencing & posted signs (e.g., No Trespassing, No Swimming)
- Prepare for ice in areas where water is known to accumulate (e.g., ice melt, cleats)
- **All Wells:** Should have solid covers that cannot be easily removed; check regularly

Livestock Facilities

- Keep floors & walking surfaces clear of manure, mud & feed
- Wear appropriate non-slip footwear
 - Concrete Surfaces: Need good tread grip on soles

Building Conditions

- Have sufficient lighting to see walkways & work area hazards
- Minimize trash & equipment in walkways & work areas
- Close openings in floor whenever not in use
- Wood floors kept free of rotten/broken floorboards, exposed nails & other defects
- Concrete floors kept free from broken & uneven surfaces & from slippery spots

Tractors & Other Equipment

- Keep operator platforms on tractors & other equipment free of grease, trash, mud & tools
- **Climbing Down Equipment:** Face the tractor, hang on to safety rails (maintaining 3 points of contact), slow down & don't rush



For tips to prevent wintertime falls, check the *Falls on Ice* FarmSafe podcast episode in Season 1.

