

# 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

