

**Module 9: Tough Conversations with Slips, Trips & Falls**

**Objectives:**

* The learner will understand that tough conversations happen in all aspects of life, and skills to navigate these conversations are crucial.
* The learner will demonstrate knowledge for avoiding and reducing the possibilities of slips, trips, and falls.

**Time Required:**

* Approximately 40 minutes

**Materials & Set-Up:**

* Pen/paper – per individual
* Ladder
* Optional: Examples of regionally appropriate equipment that would require working from a height (Example: scissor lift, hay wagon, etc.)

**Lesson:**

Introduction

* To engage youth, ask them to think about a tough conversation they’ve had recently.
* Ask them to reflect silently on whether their tough conversation had to do with a difference of opinion, an unfamiliar situation, or a known danger. Have youth write down their answer.
* Remind them that tough conversations happen in all areas of life, and handling these conversations with grace and poise is a critical life skill.
* Preview that today’s focus is on slips, trips, and falls. Addressing some common hazards that can lead to slips, trips, and falls could be a tough conversation.

Suggested Skill Building Activities:

\*Note: Instructor may modify for time and regionally-appropriate content, as long as safety and core skills are adequately addressed.

1. **Tough Conversations**
   1. Put youth into three groups based on their answer to the opening activity:
      1. A difference of opinion
      2. An unfamiliar situation
      3. A known danger
   2. Within the small groups, ask youth to briefly share a summary of their tough conversation, leaving out names and/or relationships.
   3. Tell each group to come up with 2 to 4 solutions for tough conversations in their specific area.
   4. Bring the group back together and have groups highlight and share their top solution.

**Core skill:** Tough conversations can have solutions! We have to understand that our reaction to the conversation and individual can set the course for future interactions.

**Indicators of activity success:**

* Through active participation, learners are engaged in thoughtful responses to the tough conversations activity.

1. **Slips and Trips**
   1. Share that slips, trips, and falls make up the majority of general industry accidents, including 15% of all accidental deaths, according to the United States Department of Labor.
   2. Emphasize the importance of personal initiative in preventing injuries in this area.
   3. Ask for student input in the following categories regarding slips and trips:
      1. *How can you eliminate hazards?*
      2. *Why should you advocate for proper tools?*
      3. *How can you be personally prepared?*
      4. *What can you do in the area of workspace design?*

**Core skill:** We need to understand how personal initiative goes a long way in preventing injuries, especially slips, trips and falls.

**Indicators of activity success:**

* Through active participation, learners demonstrate knowledge or desire to boost personal initiative with regards to injury prevention.

1. **Working from Heights**
   1. Ask youth to give examples of working at a height. This might include ladders, scissor lifts, working on hay or in wagons, or in orchards. Use relevant examples within your region to help guide the conversation.
   2. Tell them that common sense and appropriate safety gear are a necessity when working at any height.
   3. Demonstrate appropriate ladder climbing technique to participants, including:
      1. Wearing appropriate footwear
      2. Check climbing equipment for safety and stability
      3. Make sure area is clear of hazards
      4. Not climbing with tools in your hands
      5. 3-point contact
   4. As appropriate, allow youth to practice appropriate ladder climbing technique.

**Core skill:** We need to be able to work safely at heights and climb ladders appropriately to reduce the chance of injury.

**Indicators of activity success:**

* Through active participation, learners demonstrate appropriate height considerations and ladder-climbing ability.

Reflection Questions

* To close out the lesson, ask youth the following questions, and allow for individual or group discussion:
  + *How can we engage in tough conversations in proactive and respectful ways?*
  + *What is one thing you will do as a result of this training that will reduce your chance of a slip, trip, or fall?*

Challenge

* The next time you are in the middle of a tough conversation, take a deep breath and think about the reason why. Work to solve the problem in a proactive, respectful, and safe way.