



SLIP, TRIP AND FALL PREVENTION

Slips, trips, and falls are some of the leading causes of workplace injuries, often resulting in sprains, fractures, and other serious injuries. By identifying potential hazards and taking preventive measures, we can create a safer environment for ourselves and our co-workers. It is important to understand how slips, trips and falls happen, how to identify hazards, and how to eliminate or minimize the hazards.

Slips result from a lack of friction or traction between a person's footwear and the walking surface. Common causes of slips to look for in the workplace are:

- Spills
- Surfaces that are wet or oily
- Hazards created from weather (e.g., puddles)
- Loose rugs or mats



Trips occur when your foot strikes or hits an object, which causes a person to lose their balance. Common causes of trips to look for in the workplace are:

- Obstructions and clutter on the floor (e.g., power cords, boxes, and open drawers)
- Wrinkled or curled up mats
- Poor lighting
- Uneven or irregular walking surfaces



Falls can result from a slip or a trip when a person's center of gravity is shifted and balance is lost. Other causes of falls to look for in the workplace are:

- Obstructed view (e.g., carrying large items)
- Not paying attention to the surroundings
- Not using appropriate equipment (e.g., standing on a chair, table, or other surface with wheels)



Follow these tips to prevent slips, trips and falls:

1. Keep Walkways Clear

- Maintain clear and unobstructed walkways throughout the workplace
- Remove or report any spilled liquids, debris, or obstacles in the path.

2. Proper Housekeeping:

- Encourage regular housekeeping routines to keep work areas clean and tidy.
- Ensure cords, cables, and hoses are properly secured and not left across walkways.

3. Slippery Surfaces:

- Be cautious when walking on wet or slippery surfaces, especially during inclement weather.
- Use caution signs and non-slip mats in areas prone to spills or water accumulation.

4. Proper Footwear:

- Wear appropriate footwear with slip-resistant soles to improve traction.
- Avoid open-toed shoes or high heels that may increase the risk of tripping.

5. Stairway Safety:

- Always use handrails when going up or down stairs.
- Be mindful of the steps and avoid rushing on stairways.

6. Good Lighting:

- Ensure all work areas, walkways, and staircases are well-lit.
- Report any burnt-out or malfunctioning lights to maintenance promptly.

7. Pay Attention to Changes in Surfaces:

- Be cautious when transitioning from one type of flooring to another (e.g., carpet to tile).
- Watch for changes in floor elevation or uneven surfaces.

8. Report Hazards:

- Encourage a culture of reporting hazards and near-miss incidents.
- If you identify a potential slip, trip, or fall hazard, report it to your supervisor or submit a work order to get it fixed.

9. Personal Awareness:

- Avoid distractions while walking, such as using your phone or reading documents.
- Stay alert and watch your step, especially in high-traffic areas.

10. Proper use of Ladders and Stepstools:

- Ensure you are trained on the safe use of Ladders.
- Use ladders and stepstools with caution, ensuring they are stable and in good condition.
- Do not stand on the top step of a stepstool, and maintain three points of contact while on a ladder.