

Slips, Trips, and Falls Picture This



PREVENTING FALLS*

from SLIPS and TRIPS

ONE STEP AT A TIME

That's approximately **28,353** slips and trips annually

About **12%** of all accepted injury claims are from a slip or trip.

PRACTICE good housekeeping:

- CLEAN up all spills and debris immediately
- MARK or IDENTIFY spills and wet areas
- KEEP walkways clear of clutter and other obstacles
- CLOSE file cabinets and storage drawers immediately
- COVER or TAPE down cords or cables

SELECT and WEAR proper footwear:

- MATCH your footwear to all the hazards of your job
- KEEP shoes in good repair: clean and free from contaminants

5 WAYS to REDUCE the RISK of Slipping Tripping

- 1. SLOW** down and pay attention to where you are going
- 2. PLACE** each foot firmly and flat on the floor
- 3. ADJUST** your stride to be suitable for the walking surface and the task
- 4. WALK** with your feet pointed slightly outward
- 5. PAUSE** wide turns at corners

Common CAUSES

Slips

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

DO NOT LET objects you are carrying or pushing block your view

USE installed light sources that provide sufficient light for your tasks

USE a flashlight if you enter a dark room

KEEP walking areas clear from clutter or obstructions

KEEP flooring in good condition

USE appropriate, non-slip flooring material

PROVIDE adequate lighting

IN PREVENT falls:

EMPLOYERS should make sure the health and safety program includes slips and trips prevention:

- CONDUCT regular inspections
- IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas
- TRAIN managers, supervisors and workers

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