

Slip, Trips and Falls



Introduction: Slips, trips, and falls are the leading cause of injuries, broken legs and arms, broken hips, severe back injuries and concussions are typical injuries resulting from a slip, trip or fall. These injuries can be painful and often require long recovery periods but fortunately, most injuries can be prevented.

Slips, Trips & Falls?:

- A slip occurs when there is too little traction or friction between the shoe and the walking surface.
- A trip occurs when a person's foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off balance.
- A Fall occurs when you are too far off balance



Slip, Trips and Falls



PAY ATTENTION!

- Pay attention to your surroundings
- Look where you are going when you walk
- Do not engage in activities that distract your attention
- Do not read, write, text, or dial while you are walking
- Walk carefully and slowly when you transition from one type of walking surface to another
- Adjust your walking pace and stride.
- Take extra care when you come indoors with wet shoes
- Slow down and take small careful steps if the surface is uneven, cluttered, slippery or inclined.



Slip, Trips and Falls



PAY ATTENTION!

- Slow down and take small careful steps if the surface is uneven, cluttered, slippery or inclined.
- Maintain clear, tidy work areas free of clutter
- Follow good housekeeping procedures by cleaning up and throwing out debris and materials while you work
- Fix hazards such as small spills and cluttered walkways if you are able to do so safely
- Use caution when entering/exiting vehicles and equipment and when climbing and descending ladders
- Report hazards promptly



Slip, Trips and Falls

How to prevent falls due to slips and trips?

- Cleaning all spills immediately.
- Marking spills and wet areas (Yellow Wet Floor Signage).
- Mopping or sweeping debris from floors.
- Removing obstacles from walkways and always keeping walkways free of clutter.
- Securing (tacking, taping, etc.)
- Always close file cabinets or storage drawers.
- Keep walkways and aisles clear of materials, equipment, and other hazards.
- Keep cables, cords, wires, and hoses away from walkways and other paths of travel.
- Always use the handrails when climbing or descending the stair.
- Do not rush and skip steps
- Do not carry anything that will compromise your ability to hold onto the handrail
- When going to another floor/level, take the lift if you are carrying things requiring the use of both hands.
- NEVER carry a load you can't see over or around.



Wearing the right footwear for your work environment will help prevent or reduce slip, trip, and fall incidences.

