

SLIP, TRIP AND FALL PREVENTION

Slips, trips and falls can result in injuries with lasting effects and even death. It is important to understand how slips, trips and falls happen, how to identify hazards and how to eliminate or minimize the hazards.

Slips happen because of 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 and ice)
- 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. In addition to slips and trips, 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.

- Clean up spills immediately.
- Install warning signs for wet floor areas (including freshly mopped floors).
- Wear shoes with good support and slip-resistant soles appropriate for the job task.
- Remove tripping hazards in walkways, doorways and stairs. Keep drawers and cabinet doors closed when possible.
- Keep frequently used items in easy to reach areas. Obtain step stools to access items too high to reach when standing on the floor.
- Utilize handrails when ascending and descending stairs.
- Utilize carts to transport large items.
- Walk in designated paths when available.
- Ensure adequate lighting is available.
- Reduce walking pace when approaching corners, intersections, or walking surface changes.
- Stay alert when walking and address any new hazards before proceeding.
- Report identified hazards to prevent a possible injury.
- When walking on icy or slippery areas:
 - o Wear shoes or boots with soles that provide extra traction.
 - o Use special care when entering and exiting vehicles. Use the vehicle for support.
 - o Walk with feet spread out slightly and toes pointed outward.
 - o Extend arms out to the sides to maintain balance.
 - o Take short steps or shuffle for stability.