Slips, Trips, & Falls
Awareness and Prevention
Slips, Trips, and Falls

A **slip** occurs when an individual's feet, or foot, loses traction and the person loses their balance.

A **trip** occurs when an individual's foot or lower leg catches an object and the person loses their balance.

A **fall** can be:
- At the same level (e.g. slipping on a wet floor); or
- From one level to another (e.g. falling off of a roof)

Slips, trips, and falls lead to costly injuries.
According to the U.S. Department of Labor slips, trips, and falls are the second leading cause of death in the workplace just behind motor vehicle accidents. And, account for ~25% of reported claims per fiscal year.

It is important to address the causes to prevent injuries.
Some Causes of Slips

1. Walking surfaces that are slippery (e.g. wet, icy, oily, dusty)
2. Sloped walking surfaces
3. Loose flooring material

Remember slips can occur on floors, metal rungs, stairs, etc. Before using ladders, stairs, etc. check to make sure the surface is in good condition.
Additional Slip Hazards

4. Highly polished floors or other smooth surfaces (e.g. metal dock plate).

5. The use of footwear lacking traction. Including footwear that has a sole contaminated with oil.
Some Trip Hazards

1. Hoses, cables, cords, & like objects strewn across walkways

2. Loose, unanchored, or uneven mats or rugs

3. Clutter, obstacles, and/or debris that block a foot path

4. Changes in elevation

Impaired vision, physical condition, and behavior (not paying attention, taking shortcuts, carrying objects, etc.) can contribute to slips, trips and falls.
More Trip Hazards

Additional trip hazards include walking surfaces that need to be repaired or corrected like:

- Improperly designed or damaged stairs
- Uneven floors
- Irregular walking surfaces
- Protruding objects

& improperly designed or damaged stairs
Preventative Measures

• Don’t let clutter, cords, hoses, or other objects inhibit foot traffic
• Maintain clean, dry, working surfaces
• Use signs to notify people when a slip or trip hazard exists (e.g. when mopping)
• Wear footwear with proper traction
• Use proper lighting and make sure visibility is good
• Pay attention and take your time if you have to traverse a slippery surface
Individuals who are exposed to a fall of four feet or more must use additional protection, which can include use of:

- A standard guard rail
- Properly designed & signed hole cover
- Fencing
- Safety net
- Personal fall arrest system
- Fall restraint system
How You Can Contribute

On a recurring basis, inspect your worksite and eliminate any slip, trip, & fall hazards you find.

Notify your supervisor when you find a slip, trip, or fall hazard that you can’t easily correct.
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