

Slips, Trips, & Falls

Awareness & Prevention

Slips, Trips, & Falls

A **slip** occurs when an individual's feet (or foot) loses traction and they lose their balance.

A **trip** occurs when an individual's foot or lower leg catches an object and they lose their balance.

A **Fall** can be:

- At the same level (e.g. slipping on a wet floor and falling over onto the floor); or
- From one level to another (e.g. off a step stool, ladder, rooftop, or scaffold).

Slips and trips can lead to falls

Cost

Worker Costs

- Pain
- Lost wages
- Disability
- Reduced quality of life
- Depression

Employer Costs

- Loss in productivity
- Increased insurance premiums
- New labor training expenses

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.

Slips 1

What are some things that can cause someone to slip?

Walking surfaces that are slippery (e.g. wet, icy, oily, dusty)



Sloped walking surfaces

Flooring materials that are loose



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

Slips 2

What are some things that can cause someone to slip?

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



The use of footwear lacking traction

Footwear that has a sole contaminated with oil

Trips 1

What are some things that can cause someone to trip?



**Cables, cords,
etc. strewn
across walkways**

**Loose,
unanchored,
or uneven
mats or rugs**



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



**Changes in
elevation**



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

Trips 2

What are some things that can cause someone to trip?



Walking surfaces that need to be repaired or corrected and...



...Irregular walking surfaces

Improperly designed or damaged stairs

Preventing Slips, Trips, & Falls

The following measures help prevent slips, trips, & falls:

- 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

More About Falls

If individuals would be exposed to a fall of four feet or more then additional protective measures must be used. These can include installation and/or use of:

- A standard guard rail
- Properly designed and signed hole cover
- Fencing
- Safety net
- Personal fall arrest system
- Fall restraint system



Action

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



Notify your supervisor when you find a slip, trip, or fall hazard so they can watch for trends.

Please share this presentation with your co-workers.

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