

SLIP, TRIP, & FALL PREVENTION HANDOUT

- Slips, trips, & falls are among the leading causes of injuries to employees and are the second highest workers' compensation claim filed in the U.S.
- Falls are the 3rd leading cause of workplace fatalities.
- In 2003, work-related slips, trips, & falls accounted for:
 - 696 fatalities
 - 257,100 injuries



COMMON CAUSES OF SLIPS, TRIPS, & FALLS:

- Uncovered cords, cables, and wires in walkways
- Material, equipment, and furniture in walkways and stairs
- Loose floor tiles, rugs and mats
- Poor housekeeping, e.g., dust or debris on floor and stairs
- Wrinkled carpet



- Wet or oily floors/surfaces
 - Un-cleaned spills
 - Wet floors during inclement weather
 - Wet floors due to cleaning activities
 - Improper use of ladders, or using chairs and tables to reach
 - Carrying loads while descending stairs
 - Failure to use stair hand railing
- Failure to maintain 3 points of contact when ascending or descending equipment or ladder

- Inappropriate footwear, e.g., wearing high heel shoes in winter conditions

PREVENTION

- Follow good housekeeping practices
- Removing hazards from walkways, no matter how small
- Mats, rugs, and carpets should be secured
- Cover or re-route cables and cords that cross walkways
- Repair damaged flooring
- Provide barriers or signage for spills and wet areas until cleaned or dry
- Clean spills immediately
- During inclement weather position mats or rugs at entrances
- Maintain 3 points of contact when ascending or descending equipment or a ladder
- Position slip resistant strips on slick surfaces, e.g. stair treads
- Footwear should be appropriate for job and weather/environmental conditions

