

*in this issue >>>*

*Walking safely on all surfaces.  
Providing training on slips, trips  
and falls.*



## Safety Toolbox

# Slips, Trips & Falls



### *What causes Slips, Trips and Falls:*

Slips can occur due to wet surfaces, spills, or weather hazards such as ice and snow. They are more likely to happen when a person is in a hurry, running, wearing improper footwear, or not paying attention to their surroundings.

Trips happen when a foot strikes an object, causing the person to lose balance due to their forward momentum. Common causes include uneven flooring, cluttered walkways, and unexpected obstacles.

Falls, which may result from slips or trips, can be worsened by factors such as poor lighting, fatigue, distraction, improper footwear, or sudden movements. Creating a safe environment and staying aware of hazards can help reduce these risks.

### How to prevent Slips, Trips and Falls:

**Slips:** You can help avoid slips by following these safety precautions and practicing safe walking skills.

- Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- Clean up or report spills right away, even minor spills can be dangerous.
- Be extra cautious on smooth surfaces such as newly waxed floors and uneven flooring.

**Trips:** To prevent trip hazards:

- Make sure you can see where you are walking. Don't carry loads that you cannot see over.
- Keep walking and working areas well lit, especially at night.
- Keep the work place clean and tidy. Store materials and supplies in the appropriate storage areas.
- Arrange furniture and office equipment so that it doesn't interfere with walkways or pedestrian traffic in your area.
- Properly maintain walking areas, and alert appropriate authorities regarding potential maintenance related hazards.

**Fall:** To avoid falls consider the following measures:

- Don't jump off any surfaces, use stairs to lower surfaces.
- Repair or replace stairs or handrails that are loose or broken.
- Keep passageways and aisles clear of clutter and well lit.
- Wear shoes with appropriate non-slip soles.

Consistently applying these measures, workplaces and public areas can minimize risks and ensure a safer environment for everyone.

## Occupational Risk Factors

### 1. Environmental Conditions:

- Wet & Slippery Surfaces: Water, grease, spills and even mopped floors can create hazardous conditions.
- Uneven surfaces: Irregular, broken or uneven ground can cause trips.
- Poor Lighting: Inadequate lighting reduces visibility, making it harder to spot hazards.
- Lack of Ventilation: Poor air quality can contribute to fatigue and reduce alertness.
- Weather Hazards: Rain, snow, ice and wind can significantly increase slip and fall risks.

### 2. Physical Hazards:

- Clutter and obstructions: Cluttered walkways, cables, wires, hoses and extension cords can cause trips.
- Unprotected edges and openings: Lack of guardrails or covers around edges or holes can lead to falls.
- Unsafely positioned ladders: Improperly set up or damaged ladders can cause falls.
- Uneven or Broken Steps: Irregular or missing steps can lead to falls.
- Damaged or upturned mats: Wrinkled or loose mats can create trip hazards.
- Equipment and Materials: Storage of materials and equipment in walkways can create obstructions.

### 3. Human Factors:

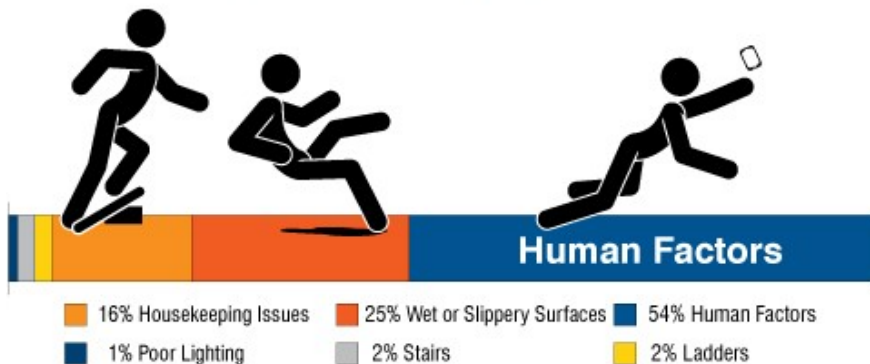
- Lack of coordination: Physical impairments or conditions affecting balance can increase the risk of falls.
- Fatigue: Tiredness can impair coordination and reaction time.
- Rushing or inattentiveness: Working too quickly or not paying attention can increase the risk of slips, trips, and falls.
- Under the influence: Substance use can impair judgment and coordination.
- Lack of proper training: Workers who are not trained on safety procedures and hazard recognition are more likely to be involved in accidents

### 4. Other Factors:

- Improper housekeeping: Poor housekeeping practices, such as leaving spills unattended or not cleaning up debris, can create hazards.
- Failure to maintain equipment: Damaged or poorly maintained equipment can contribute to accidents.
- Failure to use fall protection: Not using proper fall protection equipment when working at heights significantly increases the risk of falls

## How to Prevent Slips, Trips and Falls

Most Frequent Factors in Slip, Trip & Fall Incidents



### Practice:

- Good Housekeeping
- Adequate Lighting
- Safety Signs
- Spill Cleanup
- Proper Footwear
- Floor Quality