
Preventing Slips, Trips, and Falls

Slips, trips, and falls represent a major cause of accidental death and injury in the workplace. Identifying and eliminating factors that lead to these types of injuries is the best way to prevent them from happening.

How Do Falls Happen?

Statistics show that the majority of falls happen at the same level of surface due to slips and trips.

Slips:

Slips happen when there is too little friction between the surface and your footwear. Common causes of slips include:

- Spills on the walking surface
- Oily/greasy surfaces
- Weather conditions, i.e. snow, ice
- Lose or unanchored rugs and mats

Trips:

Trips happen when your foot collides with some object causing you to lose balance. Common causes of trips include:

- Objects in your walking space, i.e. clutter
- Design flaw in walking area (torn carpet, uneven surface)
- Poor lighting
- Open drawers in filing cabinets

How Can You Avoid Slips and Trips?

Slips and trips can be avoided by good housekeeping, selecting the proper footwear, maintaining walking surfaces, and being conscious of your surroundings.

Here are some good housekeeping tips:

- Remove obstacles from hallways and other areas of high traffic
- Clean up all spills immediately
- Secure mats and rugs
- Close all file cabinets when not in use
- Replace bad light bulbs
- Cover all cords that run across hallways

Slips, trips, and falls are some of the worst injuries in the workplace, but they are also the easiest to correct. Take time to look around your work area and help to prevent these hazards.