PREVENTING FALLS from SLIPS, TRIPS and ONE STEP AT A TIME

That’s approximately 28,353 slips and trips annually

About 12% of all accepted injury claims are from a slip or trip.

To PREVENT falls:
- USE appropriate, non-slip flooring material
- PROVIDE adequate lighting

SELECT and WEAR proper footwear:
- CLEAN up all spills and debris immediately
- MARK or IDENTIFY spills and wet areas
- KEEP walkways clear of clutter and other obstacles
- CLOSE file cabinets and storage drawers immediately
- COVER or TAPE down cords or cables
- MATCH your footwear to all the hazards of your job
- KEEP shoes in good repair, clean and free from contaminants

PRACTICE good housekeeping:
- SLOW down and pay attention to where you are going
- PLACE each foot firmly and flat on the floor
- KEEP walking areas clear from clutter or obstructions
- KEEP flooring in good condition
- ADJUST your stride to be suitable for the walking surface and the task
- USE installed light sources that provide sufficient light for your tasks
- WALK with your feet pointed slightly outward
- USE a flashlight if you enter a dark room
- MAKE wide turns at corners
- DO NOT LET objects you are carrying or pushing block your view

5 WAYS to REDUCE the RISK of Slipping

- Slips:
  - Slippery materials (water, ice, snow, oils, powders, granular solids)
  - Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
  - Inappropriate footwear for the surface

- Trips:
  - Uneven walking surfaces
  - Unexpected or unseen steps, platforms or thresholds
  - Wrinkled carpeting, or loose rugs or mats
  - Obstructions such as an open bottom file cabinet drawer
  - Exposed or loose cables, wires or cords
  - Clutter on the floor or stairs

Employers should make sure the health and safety program includes slips and trips prevention:
- CONDUCT regular inspections
- IDENTIFY high-risk areas such as stairs, entrances, and high-traffic areas
- TRAIN managers, supervisors and workers

Common CAUSES