



Slips Trips and Falls

All work shall comply with the EH&S Safety Manual. The below is an attempt to summarize a portion of the Safety Manual specific to this topic, but not intended to replace the Safety Manual. A copy of the Safety Manual is available from your supervisor or EH&S.



Slips, trips and falls are frequent causes of accidents both on and off the job. According to OSHA, slips, trips and falls constitute the majority of general industry accidents and result in back injuries, strains and sprains, contusions and fractures.

What Causes Slips, Trips and Falls?

A slip occurs when there is too little traction or friction between the shoe and walking surface. A trip occurs when a person's foot contacts an object or drops to a lower level unexpectedly, causing them to be thrown off-balance. A fall occurs when a person is too far off balance. People slip on water or oil spills; they trip over small objects and electrical cords; and they fall off ladders or down stairways.

There are many situations that can cause slips, trips and falls. Slips, trips and falls can be prevented, but only if everyone does his/her part.

Spot-check walkways and work areas to be sure that no trip or slip hazards exist. Even more importantly, when you find a fall hazard, make sure that something is done to correct it.

The majority of slips, trips and falls at work are caused by obvious hazards, most of which could have been easily corrected.

Tips for Avoiding Slips, Trips and Falls

- ***Always practice good housekeeping.*** Don't leave loose objects on walking working surfaces.
- ***Never leave water or oil spills unattended.*** If they can't be cleaned up immediately, set up a barrier so that people know about the hazard.
- ***Never allow an object to sit on stairways or ramps.*** Cartons, boxes, and other obstacles are especially dangerous here.
- ***Always use a ladder or stepstool.*** Never stand on a chair, desk, shelf, crate or box or any other unstable items to reach something.
- ***Report or repair loose or damaged handrails, stairway treads, mats, and walkway runners.***
- ***Minimize distractions*** to remain alert to hazards and avoid carrying bulky items that block your view.
- ***Stay alert*** to parts projecting from machines or equipment.



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Slips



Trips



Falls



- **Wear proper footwear.** Wear footwear that is appropriate for the conditions inside and outside. On smooth or wet surfaces, always wear shoes with slip resistant soles.
- **Ensure proper lighting.** Report burned out lights, as well as walkways and work areas that are too dark.
- **When walking, don't carry loads that block your vision.** If you can't see where you are going, a trip and fall is inevitable.
- **Post signs to warn of dangerous areas.** For example, paint edges where elevation changes occur with yellow paint to alert employees to the change in elevation.

- **Use hand or safety rails on stairways.** It's the best way to keep your balance.
- **Report any floor openings that are not protected.** These openings can cause very serious falls.
- **Keep away from the edge of unprotected floors/roofs that are elevated.** If you lose your balance while working close to the edge, gravity is always going to win!

Questions for Discussion:

- **True or False.** Slips, trips and falls cause the majority of accidents in general industry?
- **True or False.** Slips, trips and falls can cause back injuries, strains, sprains and fractures.
- Identify any floor openings or any elevated surfaces in your work areas that are not properly covered or guarded.
- **Are there any measures you can suggest for improving safety and reducing slips, trips and fall hazards? If so, Please contact your supervisor?**



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Slips, Trips, and Falls Registration

