

Slips, Trips, and Falls Picture This



PREVENTING

FALLS*

from
SLIPS and TRIPS

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

PRACTICE good housekeeping:

- 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

SELECT and WEAR proper footwear:

- MATCH** your footwear to all the hazards of your job
- KEEP** shoes in good repair, clean and free from contaminants

5 WAYS to REDUCE the RISK of Slipping Tripping

- 1. SLOW** down and pay attention to where you are going
- 2. PLACE** each foot firmly and flat on the floor
- 3. ADJUST** your stride to be suitable for the walking surface and the task
- 4. WALK** with your feet pointed slightly outward
- 5. HEED** wide turns at corners

Common CAUSES

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

Source: <https://ehssafetynewsamerica.com>