

PREVENTING SLIPS, TRIPS, AND FALLS

According to OSHA, slips, trips, and falls constitute the majority of general industry accidents and result in back injuries, strains, sprains, contusions and fractures. They also cause 15 percent of all accidental deaths and are second only to motor vehicles as a cause of fatalities.

There are many circumstances that result in a slip, trip or fall. Most of these situations are preventable.



PAY ATTENTION!

- If something is spilled, clean it up. Alert others that the floor is wet by using a caution sign.
- Keep working and living areas tidy. Make sure hallways are free of obstacles such as boxes, electrical cords, etc.
- Report damaged surfaces such as frayed carpeting, uneven flooring, or worn stairs.
- Keep desk and file cabinet drawers closed when they are not being used.
- Walk, do not run through work areas.
- Conduct periodic inspections of work areas to identify potential slip, trip, and fall hazards, and be sure to report to the appropriate person immediately.

FOOTWEAR

- According to the National Floor Safety Institute, footwear accounts for 24% of all slip and fall accidents.
- It may sound silly, but make sure your shoes fit. Shoes that are slightly too big can get caught on flooring causing you to trip. Shoes that are too small can cramp feet and reduce balance.
- Wear sturdy, rubber-soled, closed toe shoes or sneakers. These will provide traction and support. Open toe shoes and heels also present a higher risk for injury. Consider your job requirements prior to wearing these shoes to work.
- Clean your shoes of mud or snow when entering the building. Not only will this decrease your chances of a slip, trip, or fall, but it will also keep your co-workers safe. When you track mud or snow into the building, the floors become wet and slippery.
- On snowy, icy, and rainy days, it is best to wear boots to work and change after arriving.



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