



Slips, Trips, & Falls

GOALS

- To increase awareness of hazards in the workplace that could lead to serious injuries resulting from slips, trips, and falls.
- To provide information to help prevent injuries.

LEARNING OBJECTIVES

- Identify common hazards associated with walking and working surfaces.
- Understand methods that can be used to protect against walking and working surface hazards.
- Know risky behavior that should be avoided at all times.

WHAT IS A SLIP, TRIP, AND FALL?

According to OSHA, slips, trips, and falls constitute most of general industry accidents. The workplace has many hazards that can result in a slip, trip, and fall. Understanding and identifying these hazards can help reduce the risks and prevent slips, trips, and falls. Let's start by defining each.

SLIPS	<p>Occurs when there is too little friction between your shoe and the surface. Examples of slip hazards include:</p> <ul style="list-style-type: none"> • Wet or dry contaminants on the floor • Weather conditions • Loose, unsecured rugs, mats, or carpets • Walking surfaces with uneven traction • Polished or freshly waxed floors
TRIPS	<p>Occurs when your foot or leg hits an object and the rest of your body continues in motion. Examples of trip hazards include:</p> <ul style="list-style-type: none"> • Cords or clutter in walkways • Obstructed view • Taking a shortcut instead of a proven path • Uneven walking surfaces
FALLS	<p>There are two different types of falls. Falls to the same level and falls from greater heights. Slips and trips often lead to falls. Falls to the same level can and do cause injury, but falls from a greater height are even more dangerous. Examples of fall hazards include:</p> <ul style="list-style-type: none"> • Walking near the edge of a loading dock • Using defective ladders • Falling down stairs

At one point or another, we've all suffered from injuries due to a slip, trip, or fall. A momentary lapse of attention or distraction could lead to a variety of regrettable events ranging from small bruises to serious injuries. That's why it's important for you to **pay attention to your surroundings at all times. Stay focused**, and remember to report any hazards to your supervisor. Paying close attention to your surroundings and eliminating potential hazards will reduce your risk of getting injured.

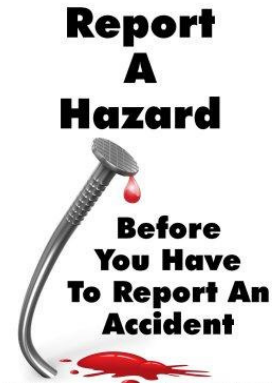
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OTHER HAZARDS THAT CONTRIBUTE TO SLIPS, TRIPS, AND FALLS

Some other hazards that contribute to slips, trips, and falls are behavior based and include:

- Wearing the wrong type of footwear
- Rushing
- Ignoring good housekeeping rules
- Being distracted
- Looking at your phone
- Not paying attention

Each of these hazards is risky behavior and should be avoided at all times. The good news is that slips, trips, and falls and the injuries they cause are **avoidable**! Do your part by reporting any unsafe conditions in your work area to your supervisor.



HOW CAN WE PREVENT SLIPS, TRIPS, AND FALLS?

Knowing the hazards that cause slips, trip, and fall injuries is only half the battle. You need to know how to prevent those injuries from happening, too. Below are some ways to help prevent against slip, trip, and fall injuries.

- Clean up or report hazards right away.
- Place “wet floor” signs where necessary.
- Make sure you can see where you’re walking.
- Pay attention to your path of travel.
- Don’t run. Look where you’re going and go in the path that you’re looking.
- Don’t carry loads that obstruct your view.
- Walk in well-lit areas, especially at night.
- Practice good housekeeping. Keep the workplace clean/tidy.
- Inspect any ladders or step stools for defects before use.
- Don’t use any ladders that are faulty.
- Use ladders appropriately.
- Avoid taking shortcuts.
- Practice safe walking skills. Take short steps on slippery surfaces and point your feet slightly outward.
- Keep an eye out for items that interfere with walkways. Report these hazards when detected.
- Use the right shoes. Replace when outsoles have worn smooth areas larger than 2 pennies.

An important note to remember is a clean workspace is a safe workspace. Take a look around the areas you’re working in to see if any hazards are present. **Again, it’s important to report any hazards to your supervisor.** It may just prevent you or a coworker from sustaining a preventable injury.

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WHAT ARE SLIP-RESISTANT SHOES?

Slip-resistant shoes help to grip the floor surface to reduce slips. While sliding or falling on a slippery surface may not sound like that big of a deal, this type of fall occurs quite frequently and often results in injuries such as sprains, strains, muscle tears, and sometimes broken bones.

Running shoes or other athletic walking shoes are often go-tos for healthcare and service industry employees, but some may not necessarily have a slip-resistant design. While athletic shoes are certainly a comfortable option, especially if you're working long shifts, they don't always have adequate slip-resistant soles. The right slip-resistant work shoe is a critical component of keeping workers safe and preventing injuries.

Slip-resistant shoes have a soft, rubber-like sole that helps grip a slick floor. They should also have open-edged tread so that water doesn't get trapped underneath the shoe causing a slip.

Remember, there are no shoes that are absolutely guaranteed to prevent a slip. Slip-resistant footwear will *help prevent* slips but you must also always do what you can to help prevent them—when walking on wet floors, take your time, pay attention to where you are going, adjust your stride to a pace that is suitable to the surface you're walking on and the task you are performing, walk with your feet pointed slightly outward, and make wide turns at corners.

Notice how the tread remains open around the edges.



If your shoes are showing signs of wear like the picture to the right, it **is time to replace the shoes**. Shoes that are worn out are unsafe and will not give you the traction that you need to prevent slips.

Check the soles of your shoes daily to ensure they are still safe and in good condition.



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TAKE AWAYS

If you remember nothing else from this training, at least remember the following:

1. Most slips, trips, and falls are preventable. Staying safe starts by focusing and following safe workpractices.
2. Hazards are present throughout the workplace. Observe your area and report any hazards you identify.
3. Ignoring hazards in the workplace is risky behavior and you should not enage in risky behavior.

TEST

Let's test your knowledge to see if you spot the slip, trip, and fall hazards?

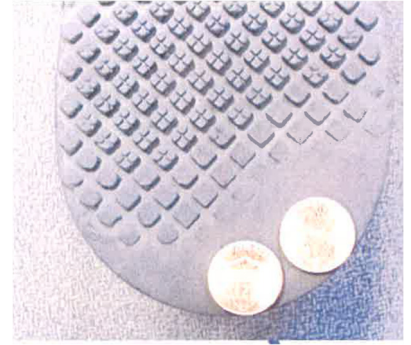
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