



TRAINER'S GUIDE

Slips, Trips, & Falls

Our topic today is on slips, trips, and falls. I need you all to pay close attention to this training because these types of accidents account for most of the accidents in the workplace.

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. **This is why in almost every safety training we do, you will hear us say, "Pay close attention to your surroundings."** Understanding and identifying the hazards **that are present in your specific areas** can help reduce the risks and prevent slips, trips, and falls. Let's start by defining each.

<p style="text-align: center;">SLIPS</p>	<p>Occurs when there is too little friction between your shoe and the surface. Friction is the resistance between two surfaces like your shoe and the floor. 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 <p>Would you say any of these hazards are present in your work areas?</p>
<p style="text-align: center;">TRIPS</p>	<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 <p>What about these hazards? Are any of them present in your work areas?</p>
<p style="text-align: center;">FALLS</p>	<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 <p>Can you identify any hazards in your area that could lead to falls to the same level or even falls from greater heights?</p>



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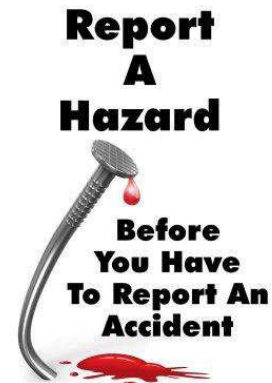
At one point or another, we've all suffered from injuries due to a slip, trip, or fall. A momentary lapse of attention or distraction could lead to a variety of regrettable events ranging from small bruises to serious injuries. That's why it's important for you to **pay attention to your surroundings 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. **Team, we really don't want you to get injured on the job. It may seem like it's not that big of a big deal, but we want you to stay safe and stay healthy. The thing is, we can't do it for you, so you gotta do your part. Again, remember to stay focused and pay attention to your surroundings.**

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.



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- Clean up or report hazards right away. **Don't just walk by it.**
- 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. **Notify a supervisor or manager, don't just put it on the side because someone else might try to use it.**
- Use ladders appropriately.
- Avoid taking shortcuts. **Taking shortcuts often leads to mistakes made or accidents.**
- 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 safer 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. **We are a team here and we must work together to keep ourselves and our coworkers safe.**

WHAT ARE SLIP-RESISTANT SHOES?

Ok, now we're going to take some time to discuss slip-resistant shoes. Because this information could help avoid a potential accident or injury.

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. **Remember the friction we were talking about in the beginning? This type of shoe grips the floor and creates better friction between the two surfaces.** 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.



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 work practices.
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 engage in risky behavior.

TEST

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

1.



The corner of the mat is rolled which creates a tripping hazard.

2.



No wet floor signs have been placed which creates a slip and fall hazard for anyone passing through. Remember to always place your wet floor signs to warn others of the hazard.

3.



The shoe is considered worn because there's an area the size of 2 pennies where the tread is worn. The shoe should be replaced.

4.



The load being carried is obstructing the person's view. The lady can't see her path of travel which could lead to a slip or a trip and a possibly fall from a greater height because it appears she's going up stairs.

5.



The untidy cords create a trip hazard for anyone passing through. Cords should always be organized and secured to prevent a trip hazard.

6.



This is an example of an untidy workspace. There are buckets in the walking area that people can trip on. Paint covers the floor so it will be difficult to tell if any of the paint is wet. Instead, this room should be neat and organized.

Name: _____ Site: _____ Date: _____