



Introduction

According to the National Safety Council, slips, trips and falls are the number one cause of occupational injuries. Although the outcome is often minor, in 15% of accidents lead to death or serious injury.

Slips, trips and falls usually occur when walking surfaces become slippery, uneven or obstructed. Slips, trips and falls can also be a result of wearing incorrect footwear and even poor lighting. Taking caution and learning how to recognize potentially hazardous situations can easily help prevent slips, trips and falls.

Tips to prevent slips, trips and falls

- Clean up any spills immediately and mark them with a wet floor sign.
- Keep cords, furniture, and other trip hazards out of aisle ways.
- Remove rugs without non-skid mats, or that have a tendency to bunch-up or bulge.
- Use handrails when ascending and descending staircases.
- Ensure that there is adequate lighting in the area.
- Check condition of walking surfaces for damages and uneven surfaces periodically.
- Wear the proper footwear for the job.



Ask these questions to identify hazards

- Is my work area slippery, cluttered or wet?
- Should I take extra caution when walking on slippery surfaces?
- Do I work in any areas that are poorly lit?
- Are there any stairs that are steep or could become slippery where I work?
- Do I make use of handrails on staircases when they are available?
- Do I work in areas with uneven walking surfaces?