

# Slips, Trips, and Falls

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# Slips, Trips, and Falls Cause Many Injuries – Sometimes Serious Ones

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- ÿ Thousands of disabling injuries- and even deaths- occur each year as a result of slips, trips, and falls:
  - › From heights, on stairs, and on level ground
  - › At work and at home



# Trips

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## Trip

- hit an object, lose your balance and fall

## Common Causes:

- › Obstructed view
- › Poor lighting
- › Clutter in your way
- › Wrinkled carpeting
- › Uncovered cables
- › Drawers not being closed
- › Uneven (steps, thresholds) walking surfaces

# Falls

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Fall:

- when you lose your balance & drop to the floor

There are three types of falls:

ÿ Falls on the same level

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# Maintain Work Areas to Prevent Slips, Trips, and Falls

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- ÿ Keep walkways, aisles, and stairs free of equipment, materials, and other hazards.
- ÿ Clean up any leaks or spills on floors, stairs, and entranceways promptly.
- ÿ Repair or report floor problems, such as missing tiles, etc.
- ÿ Block off and mark floor areas that are being cleaned or repaired.
- ÿ Keep cords, cables, or hoses out of walkways. If it can't be avoided, make sure the area is marked off.
- ÿ Place trash promptly in proper containers.
- ÿ Keep drawers closed.





# Choose and Use ladders Carefully

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- ÿ Use a ladder, not boxes or chairs, to reach high places.
- ÿ Use only ladders that have all their parts.
  - › Check that cleats, rungs, and steps are firm and unbroken.
- ÿ Choose a ladder that's the right height for the job.
- ÿ Place ladders firmly on level surfaces.
- ÿ Hold the rails and face the ladder as you climb it.
- ÿ Center your body between the ladder rails; don't lean to the side.



# Pay Attention to your Movements and Surroundings

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- ÿ Report or replace any burned out lights or inadequate lighting.
- ÿ Watch out for floors that are uneven, have holes, etc.
- ÿ Keep your hands at your sides, not in your pockets, for balance.
- ÿ Don't carry loads you can't see over.
- ÿ Walk slowly on slippery surfaces.
  - › Slide your feet and avoid sharp turns.

# Pay Attention to your Movements and Surroundings

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- ÿ Sit in chairs with all four chairs legs on the floor. Make sure all wheels or casters are on the floor.
- ÿ Be constantly alert for-- and remove or go around-- obstructions in your path.



# Learn to Fall ‘Properly’

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## Conclusion:

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# Be Alert and Safety Conscious— Prevent Slips, Trips, and Falls

- ÿ Pay attention to your movements and remove potential hazards from your path so you, and others, won't be injured by slips, trips, and falls.

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