Slips, Trips, and Falls

Statistics show that the majority of falls (66%) happen on the same level resulting from slips and trips. The remaining 34% are falls from heights. These types of claims can be costly for a company, however, they are easily preventable.

**Slips**

Slips happen where there is too little friction or traction between the footwear and the walking surface.

**Trips**

Trips happen when your foot collides (strikes, hits) an object causing you to lose your balance and eventually fall.

**Falls**

Falls happen with the use of poorly maintained equipment, unclear safety procedures and the lack of safety training. Falls are the leading cause of injuries that require visits to the ER.

**PREVENTION OF SLIPS, TRIPS, AND, FALLS**

There are a number of simple steps in preventing falls at work:

- Keep floors clean and dry
- Provide warning signs for wet floors
- Keep aisles clear from clutter
- Use no skid floor wax
- Use only properly maintained ladders
- Do not use chairs, stools, or boxes
- Re-lay or stretch carpets that bulge
- Provide adequate lighting
- Use handrails on stairs
- Keep cabinet doors/drawers closed when not in use
- Wear the right kind of shoes for the job

**Did you know......**

Properly fitted footwear increases comfort and prevents fatigue which, in turn, improves safety for the employee.