



Slips, Trips and Falls – Don't do it on the Job

Slips, trips and falls happen because of:

- too little friction or traction between the footwear and the walking surface.
- foot hits an object causing you to lose balance and eventually fall.
- unintended or unexpected change in the contact between the feet and the ground or walking surface.

Common causes of slips are:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that do not have the same degree of traction in all areas



Common causes of tripping are:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting or scatter mats
- Uncovered cables or extension cords
- Bottom drawers not being closed
- Uneven walking surfaces (such as steps, thresholds)



PREVENTION IS KEY TO BEING ACCIDENT FREE

How Can I Prevent Slips, Trips and Falls?

- Wipe up spills immediately
- Mop or sweep debris from floors
- Remove obstacles from walkways and always keep them free of clutter
- Secure (tack, tape, etc.) mats, rugs and carpets that do not lay flat
- Minimize use of extension cords, do not lay across walking path
- Always close cabinet doors or drawers
- Ensure you have sufficient lighting to see where you are walking safely
- Use a flashlight if you enter a dark area where there is no light
- Choose proper footwear for conditions
- Use an appropriate pace of walking for conditions, walk don't run
- Clear outdoor walkways of snow and ice
- Always be aware of potential hazards
- Always choose the safest route



Winter Walking

Walking on snow and ice is especially treacherous and wearing proper footwear is essential. Winter footwear should be suitable for the weather conditions. Normal protective footwear (such as running shoes) is not designed for cold weather and may not prevent slips on snow or ice.



How do I Walk Safely on Snow and Ice?

- Take short steps and walk at a slower pace so you can react quickly to a change in traction
- When sidewalks have not been cleared and you must walk in the street, walk *against* traffic, facing oncoming cars and as close to the curb as you can.
- Be on the lookout for vehicles which may have lost traction and may not be able to stop at crosswalks or traffic signals
- At night, wear bright clothing or reflective gear. Dark clothing will make it difficult for motorists to see you.
- During the daytime, wear sunglasses to help you see better and avoid hazards.

Parking Lots can be especially hazardous.

Frequent traffic and pedestrian use of parking lots can lead to deterioration of the parking surface such as broken pavement and uneven gratings. Leaks and spills of engine oil or antifreeze may create a slipping hazard. Severe weather conditions such as ice and snow can increase the chances of falling in a parking lot. Speed bumps and tire stops create obstructions that can lead to a tripping hazard.



Preventing falls in Parking lots:

- Parking lots should be kept free of clutter and cleared of ice and snow regularly -- report hazardous conditions to your supervisor immediately
- Pay attention to where you are going -- ensure that things you are carrying or pushing do not prevent you from seeing any obstructions or spills
- Include all the other prevention strategies