

Get a Grip on Slips, Trips, and Falls

Slips, trips, and falls (STFs) are among the leading causes of workplace injury. Same-level falls are debilitating, expensive, and, most important, largely preventable.

The opportunities for workplace STFs are too numerous to mention. Slippery walking and working surfaces, leaks, debris left in walkways, uneven floors, bunched floor mats, and uneven step risers are among dozens of dangers.

According to OSHA, STF injuries account for the majority of general industry accidents. They cause back injuries, sprains and strains, contusions, and fractures—and they result in 15 percent of all accidental deaths.

Take the Right Steps

To ensure that you're doing all you should to keep on your feet, take these and other steps:

- Wear slip-resistant footwear.
- Clean up spills immediately.
- Use smart housekeeping strategies.
- Keep aisles and passageways clear at all times.
- Be aware of carpets that bulge or have become bunched.
- Always use the handrails when using stairs, avoid undue speed, and maintain a clear view of the stairs ahead.

Consider the Risks

- Annually, some 21,000 Americans die as a result of falls. That's more than from electrocution, drowning, and firearms incidents combined.
- Falls carry an astronomical price tag of between \$60 billion and \$80 billion each year.
- Falls are the leading cause of emergency room visits, with more than 2 million Americans entering the ER each year as a result.
- Falls are the number one cause of accidental death among the elderly and are the leading cause of nursing home admissions.
- Every hour, falls are responsible for one death and 183 emergency room visits.

When we share the responsibility for safety in the workplace, everyone wins!!