

## Preventing Slips, Trips and Falls in The Workplace

Slips, trips and falls in the workplace continue to be the leading cause of workplace accidents, and account for one in five lost-work-time injuries. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

### What is a slip?

Slips are the loss of balance caused by too little friction between your feet and the walking surface. The lack of friction can be a result of wet surfaces, spills or weather conditions like snow or ice. Improper footwear, hurrying or running, and not paying attention to your pathway can cause or worsen slipping incidents.

### What is a trip?

A trip is the result of a loss of balance caused by the interrupted movement of one or both feet. Your body's momentum moves your center of balance out from over your feet, and you trip.

### What is a fall?

Falls occur whenever your body movement shifts the body too far off of your center of balance. Falls may be the result of a slip or trip, or they may occur in other ways. Falls can be classified as either same-level falls, which are the most frequent, falls from a height, or elevated falls, which tend to be the most severe.

Help prevent slips, trips and falls in the workplace by following these basic safety tips:

- Be a *Leader in Safety* by cleaning up all spills immediately.
- Report all tripping hazards.
- Stay off freshly mopped floors.
- Secure electrical and phone cords out of traffic areas.
- Remove small throw rugs or use non-skid mats.
- Keep frequently used items in easily reachable areas.
- Wear shoes with good support and slip-resistant soles.
- Arrange furniture to provide open walking pathways.
- Keep drawers and cabinet doors closed at all times.
- Never stand on an upturned wastepaper basket, chair, or table.
- Remove anything that may be on the steps of stairs.
- Always hold the handrails while using staircases.
- Remove debris from exterior walkways.
- Periodically check the condition of walkways and steps, and report any damages immediately.

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