

Slip, Trip and Fall Prevention



Slips

Slip

-loss of balance caused by too little friction between a person's foot and a walking surface.

Common Causes:

- ▶ Wet or oily surfaces,
- ▶ Occasional spills,
- ▶ Weather hazards,
- ▶ Loose, unanchored rugs or mats, and
- ▶ Flooring or other walking surfaces that are worn.



Trips

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

Fall:

- when you lose your balance & drop to the floor

There are three types of falls:

- ▶ Falls on the same level
 - ▶ Slip or trip immediately precedes fall to floor or walkway
- ▶ Falls to lower level
 - ▶ Falls are from platforms, docks, ladders, steps or stairs
- ▶ Jumps to lower level
 - ▶ An intentional jump from one level to another
 - ▶ Employee jumps off ladder, dock, equipment



Prevention

- ▶ Good housekeeping
- ▶ Quality of walking surfaces (flooring)
- ▶ Selection of proper footwear
- ▶ Appropriate pace of work



Housekeeping

- ▶ Clean up spills immediately
- ▶ Mark spills and wet areas
- ▶ Mop or sweep debris from floor
- ▶ Remove obstacles from walkways
- ▶ Keep walkways free of clutter
- ▶ Secure mats, rugs and carpets

Housekeeping

- ▶ Close file cabinet or storage drawers
- ▶ Cover cables that cross walkways
- ▶ Keep working areas and walkways well lit
- ▶ Replace burned out bulbs



Flooring

Change or modify walking surfaces

- ▶ Recoat or replace floors
- ▶ Install mats
- ▶ Pressure-sensitive abrasive strips
- ▶ Abrasive-filled paint-on coating



Footwear

Conditions:

- ▶ Floors - oily or wet
- ▶ Considerable time outdoors

Advantages

- ▶ Properly fitted
- ▶ Increased comfort
- ▶ Prevent fatigue
- ▶ Improve safety



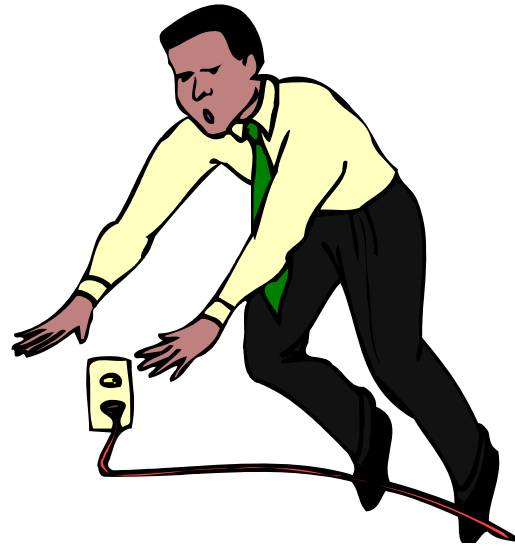
What can YOU do to avoid slipping at work?

- ▶ Take your time
- ▶ Pay attention
- ▶ Adjust stride to the task
- ▶ Walk with feet pointed slightly outward
- ▶ Make wide turns at corners.



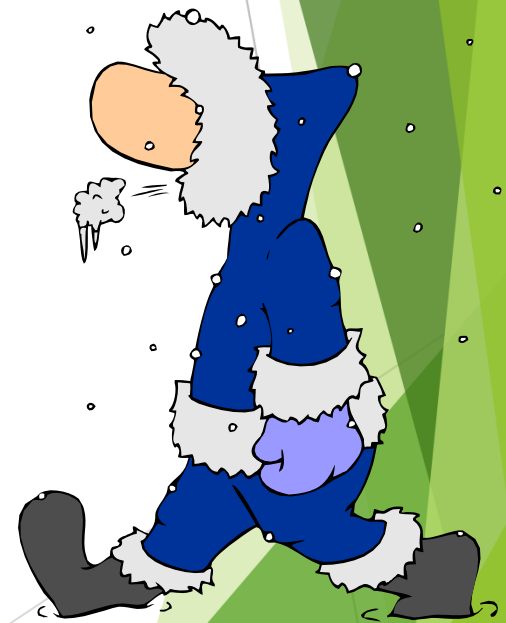
What can YOU do to avoid tripping at work?

- ▶ Sufficient lighting
- ▶ Portable lighting
- ▶ Watch where you are walking
- ▶ Carrying or pushing objects
 - ▶ obstructions, spills or objects lying on the floor



Inclement Weather

- ▶ Slow down to react to a change in traction
- ▶ Wearing slip-resistant shoes or overshoes
 - ▶ carry your work shoes
- ▶ Sunglasses
 - ▶ outdoors in ice and snow
- ▶ Treat walking surfaces
- ▶ Wet shoes on dry floors – Caution !



Report Hazards Immediately

If you cannot fix the hazard yourself then:

- ▶ Immediately report the hazard
- ▶ Alert or warn others in the area
 - ▶ Mark the area or stay there until help arrives
- ▶ Hazards not fixed in a timely manner
 - ▶ Contact a Manager or Supervisor

Can you identify
what is wrong in
the following pictures?

















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Questions

