Slips, Trips, and Falls
What are Slips, Trips & Falls?

**Slip**
A slip occurs when there is too little traction or friction between the shoe and walking surface.

**Trip**
A trip occurs when a person’s foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off-balance.

**Fall**
A fall occurs when you are too far off balance.
What are Slips, Trips & Falls?

There are two types of falls:

**Same Level**

When you fall to the surface you are walking on. Same level falls are more common.

Caused by:

- Slips
- Trips

**From Elevation**

When you fall to a level below the one you are walking on. Falls from elevation are more severe.

Falls From:

- Ladders
- Platforms
- Stairs
- Loading docks
Extension Cords

• Install electrical, data, and telephone outlets where needed
• Secure cables and cords with tape or cord covers
What should be done to fix this hazard?
What is wrong here?
What is wrong here?
Work Organization and Tidiness

• Close your desk, cabinets, and file drawers and doors immediately after each use.

• Keep the floor around your workspace free of boxes, cords, cables, materials, and other objects.
Work Organization and Tidiness

- Keep walkways and aisles clear of materials, equipment, and other hazards
- Keep cables, cords, wires, and hoses away from walkways and other paths of travel

Pathway is clearly marked and free of obstructions.
Be Careful on the Stairs

- Always use the handrails when climbing or descending the stairs
- Do not rush and skip steps
- Don’t carry anything that will compromise your ability to hold onto the handrail
Be Careful on the Stairs

- When going to another floor/level, take the elevator if you are carrying things requiring the use of both hands.
- NEVER carry a load you can’t see over or around. Use a cart.
What is wrong with this picture?
Climbing/Descending Ladders

• Have a good hand-hold before stepping up.
• Place your foot on the step or rung just in front of your heel, under the arch.
• Always make sure you have three points of contact.
• NEVER stand on the top of a ladder.
Entering/Exiting Equipment Safely

- Clean footwear of mud, paint, grease, or any other contamination.
- Make sure running board, tread, step, foothold, and platform of equipment are also clean and dry of any contamination.
- Always face equipment when entering and exiting.
- Place your foot on the step or foothold just in front of your heel, under the arch.
Entering/Exiting Equipment Safely

- Maintain **three-point contact** at all times while getting onto/off of the equipment until reaching ground, cab, or stable platform.

  Three-point contact examples:
  - one hand, two feet
  - two hands, one foot

- Step down or up carefully while facing equipment.
- Do not jump off when entering/exiting bed of a truck or other part of the equipment.
Outdoor Slip, Trip, and Fall Dangers
Wear Proper Footwear

Wearing the right footwear for your work environment will help prevent or reduce slip, trip, and fall incidences.

- Footwear should fit snugly and comfortably.
- Keep your footwear clean and in good condition at all times.
- Inspect regularly for any damage; repair or replace worn or defective footwear.
- Replace shoes or replace soles before they become worn smooth.
The Right Footwear for the Work

Wear the appropriate type of footwear for your work place.

<table>
<thead>
<tr>
<th>Work Environment</th>
<th>Type of Sole</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kitchen</td>
<td>Microcullular urethane, rubber soles</td>
</tr>
<tr>
<td>Machine shop (oily floors)</td>
<td>Oil-resistant soles</td>
</tr>
<tr>
<td>Office</td>
<td>Neoprene soles</td>
</tr>
<tr>
<td>Garage (rough concrete)</td>
<td>Crepe Soles</td>
</tr>
</tbody>
</table>

Wearing shoes with increased traction does not substitute the need for safe walking practices!
Slips, Trips, and Falls Are Preventable!
Pay Attention

Ways to Prevent Slips, Trips, and Falls

• Pay attention to your surroundings
• Look where you are going when you walk
• Do not engage in activities that distract your attention
• Do not read, write, text, or dial while you are walking
Pay Attention
Ways to Prevent Slips, Trips, and Falls

• Walk carefully and slowly when you transition from one type of walking surface to another
• Adjust your walking pace and stride.
• Take extra care when you come indoors with wet shoes
• Slow down and take small careful steps if the surface is uneven, cluttered, slippery or inclined
Pay Attention

Ways to Prevent Slips, Trips, and Falls

- Maintain clear, tidy work areas free of clutter
- Follow good housekeeping procedures by cleaning up and throwing out debris and materials while you work
- Fix hazards such as small spills and cluttered walkways if you are able to do so safely
- Use caution when entering/exiting vehicles and equipment and when climbing and descending ladders
- Report hazards promptly
• Go where you are looking, and look where you are going

• If you see a potential hazard, report it immediately
Pay Attention

Be Proactive

Be Careful