Slips, Trips and Falls

“This material was produced under the grant SH-22219-SH1 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.”
At the end of this training, you will be able to:

• Identify 2 requirements of OSHA’s walking and working surfaces standard that apply to your workplace.

• Identify common causes of slips, trips and falls (STF) within your workplace.

• Evaluate your workplace for hazards associated with walking and working surfaces.

• Generate ideas on how to control for these identified hazards.
Extent of the Problem

- STF are among the most frequent type of reported injuries for public employees.

Janitors and cleaners; elementary school teachers; teacher assistants; and secondary school teachers have the highest incidents of reported STFs.
Injuries from Slips, Trips and Falls

Common Injuries
• Sprains, strains
• Bruises, contusions
• Fractures
• Abrasions, cuts

Common Affected Body Parts
• Knee, ankle, foot
• Wrist, elbow
• Back
• Shoulder
• Hip
• Head
Slip, Trip and Fall hazards can occur in virtually every type of workplace.
NIOSH’s Top 10 Hazards

- Contaminants on the Floor
- Indoor Walking Surface Irregularities
- Outdoor Walking Surface Irregularities
- Weather Conditions: Ice and Snow
- Inadequate Lighting
- Stairs and Handrails
- Stepstools and Ladders
- Tripping Hazards: Clutter, Loose Cords, etc.
- Improper Use of Floor Mats and Runners
- Poor Drainage: Pipes and Drains
Let’s Take a Tour ....
Contaminants on the Floor
Wall-mounted spill pads for use by employees and visitors

Spill pads and umbrella bags for use in building entryway

High visibility caution sign with warning sign on top or a flashing light on top could be used
Indoor Walking
Surface Irregularities
Outdoor Walking
Surface Irregularities
Prevention Solutions
Weather Conditions:
Water, Ice, and Snow
Inadequate Lighting

Need pictures of lighting issues – stairwells, parking lots, etc.
Stairs and Handrails

Need pictures of stairs – poorly marked or uneven; handrails not of appropriate size or height
Stepstools and Ladders
OSHA Walking and Working Surfaces Standard: Subpart D 1910.25-26: Portable Ladders

- All ladders must be inspected periodically, kept in good condition at all times, and must be free from sharp edges, splinters, oil grease, or other defects which would affect their use.
Tripping Hazards: Clutter, Loose Wires, etc.
Prevention Solutions

Retractable cord holder

Cords on floor partially secured with cord cover. Cover can extend over the length of the exposed cord.
Improper Use of Floor Mats and Runners
Prevention Solutions
Poor Drainage: Pipes and Drains
Human Factors Leading to Slips, Trips and Falls

Health and physical condition can impair a person’s vision, judgment, and balance.

Carrying or moving cumbersome objects, or too many objects, that obstruct your view impair your balance and prevent you from holding onto handrails.

Inattentive Behavior: walking, distractions (e.g., using cell phone, talking and not watching where you’re going, etc.)

Taking shortcuts; not using walkways or designated, cleared pathways; being in a hurry, rushing around
OSHA Walking and Working Surfaces Standard: Subpart D 1910.22: Housekeeping

Good housekeeping includes picking up, wiping up, and cleaning up.

Requires that all places of employment, passageways, storerooms, and service rooms shall be kept clean and orderly and in a sanitary condition.
Maintaining Work Areas

Aisles and passageways must be kept clear and in good repair and include safe clearances for mechanical equipment and contain no obstructions that could create a hazard.
Prevention Strategies

• **Develop and maintain a written housekeeping program.**

• The program might ideally describe:
  – How to immediately report STF hazards
  – Where and how cleaning materials and products are stored
  – When to use wet floor signs and barriers and where signs are stored
  – What cleaning methods are appropriate for different areas and surfaces
Tools for STF Prevention

- Examine Employee STF Injuries
- STF Checklist
- Employee Communication: Training and Involvement
Examine Employee STF Injuries

- Review OSHA logs for STF incidents
- Review incident reports
- Check for “hot spots”
- Investigate incidents to find the circumstances to see where prevention measures can be implemented.

SAMPLE INVESTIGATION TOOL
STF Checklist

- Check for hazards on a regular basis
- Take pictures!
- Have a clear reporting procedure to get things addressed
Communication: Training and Involvement

• All employees are at risk, therefore all employees should be trained on how to recognize STF hazards, and be involved in the development and implementation of prevention strategies.