

Slips, Trips, and Falls



Slips, Trips, and Falls Cause Many Injuries –Sometimes Serious Ones

- Thousands of disabling injuries- and even deaths- occur each year as a result of slips, trips, and falls:
 - From heights, on stairs, and on level ground
 - At work and at home

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

Safety Regulations Try to Remove Slips, Trip, and Fall Hazards

- OSHA and university rules try to prevent slips, trips, and falls by requiring:
 - Floors that are kept clean, dry, and in good repair
 - Aisles, stairs, and passageways that are free of clutter and obstructions
 - Safe ladder design and use
 - Rails and guards around floor and wall openings
 - Clean, orderly, sanitary work areas

Maintain Work Areas to Prevent Slips, Trips, and Falls

- ❑ Keep walkways, aisles, and stairs free of equipment, materials, and other hazards.
- ❑ Clean up any leaks or spills on floors, stairs, and entranceways promptly.
- ❑ Repair or report floor problems, such as missing tiles, etc.
- ❑ Block off and mark floor areas that are being cleaned or repaired.
- ❑ Keep cords, cables, or hoses out of walkways. If it can't be avoided, make sure the area is marked off.
- ❑ Place trash promptly in proper containers.
- ❑ Keep drawers closed.



Take Precautions on Stairs

- ❑ Report any missing or broken stair rails and slippery or damaged treads.
- ❑ Walk, don't run, on stairs.
- ❑ Hold on to stair rails while going up and down.
- ❑ Don't carry a load you can't see over.



Choose and Use ladders Carefully

- ❑ Use a ladder, not boxes or chairs, to reach high places.
- ❑ Use only ladders that have all their parts.
 - Check that cleats, rungs, and steps are firm and unbroken.
- ❑ Choose a ladder that's the right height for the job.
- ❑ Place ladders firmly on level surfaces.
- ❑ Hold the rails and face the ladder as you climb it.
- ❑ Center your body between the ladder rails; don't lean to the side.

Pay Attention to your Movements and Surroundings

- Focus on where you're going, what you're doing' and what lies ahead.
 - Expect the unexpected.
 - Take the responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with nonskid soles.
- Avoid loose or baggy pants you could trip over.
- Walk, don't run.
- Wipe your feet when you come in from inclement weather.

Pay Attention to your Movements and Surroundings

- ❑ Report or replace any burned out lights or inadequate lighting.
- ❑ Watch out for floors that are uneven, have holes, etc.
- ❑ Keep your hands at your sides, not in your pockets, for balance.
- ❑ Don't carry loads you can't see over.
- ❑ Walk slowly on slippery surfaces.
 - Slide your feet and avoid sharp turns.

Pay Attention to your Movements and Surroundings

- ❑ Sit in chairs with all four chairs legs on the floor. Make sure all wheels or casters are on the floor.
- ❑ Be constantly alert for-- and remove or go around-- obstructions in your path.



Learn to Fall ‘Properly’

- If you do fall, you can reduce the chance of serious injury if you:
 - Roll with the fall.
 - Bend your elbows and knees and use your legs and arms to absorb the fall.
 - Get medical attention after a fall to treat anything torn, sprained, or broken.



Conclusion:

Be Alert and Safety Conscious— Prevent Slips, Trips, and Falls

- Pay attention to your movements and remove potential hazards from your path so you, and others, won't be injured by slips, trips, and falls.

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