

Slips, Trips & Falls

Thousands of people are injured each year as a result of slips, trips and falls. These types of injuries can result in great economical loss, cause a great deal of physical pain and suffering and occasionally result in death. In most cases, injuries resulting from slips, trips and falls can be prevented by implementing inexpensive and common-sense safeguards.

Statistics show that 60% of falls happen on the same level resulting from slips and trips. The remaining 40% are falls from a height. Common causes of slips include the following:

- Wet or oily surfaces
- Occasional spills
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that do not have same degree of traction in all areas.

Common causes of tripping include the following:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered extension cords and cables
- Uneven (steps, thresholds) walking surfaces.



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Good housekeeping is the first and the most important (fundamental) level of preventing falls due to slips and trips. Implementation of the following safeguards is critical in reducing these types of work-related injuries:

- Cleaning all spills immediately
- Marking spills and wet areas
- Mopping or sweeping debris from floors
- Removing obstacles and clutter from walkways
- Securing (tacking, taping, etc.) uneven mats, rugs and carpets
- Always closing file cabinet or storage drawers
- Covering cables and extension cords that cross walkways
- Replacing used light bulbs and faulty switches
- Avoiding completing job functions which fall outside of their job description

Without good housekeeping practices, any other preventive measures will never be fully effective.

Changing or modifying walking surfaces is the next level of preventing slip and trips. Recoating or replacing floors, installing mats, pressure-sensitive abrasive strips or abrasive-filled paint-on coating and metal or synthetic decking can further improve safety and reduce the risk of falling.

It is important they consistently communicate the importance of maintaining a safe environment to those residents.



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