

## Slip, Trip, and Fall Prevention Awareness

Slips can be defined as a loss of balance caused by too little friction between your feet and the surface you walk or work on.

A trip can be defined as a motion that occurs whenever your foot hits an object and you are moving with enough momentum to be thrown off balance.

Falls, which according to OSHA is defined as a motion that happens whenever you move too far off your center of balance. Falls typically happen because of a slip or trip and account for more workplace fatalities than any other reason. – ohsonline.com

Slips, trips and falls are a major cause of workplace injuries. Unsafe conditions and behaviors, along with a lack of safety awareness, can lead to these types of accidents.



**SLIPS, TRIPS & FALLS:**  
**15%** of all accidents\*

**SLIPS, TRIPS & FALLS**  
on the same level are the  
**2<sup>nd</sup> LEADING CAUSE OF INJURY\*\***

**25,000**  
SLIP, TRIP & FALL  
**ACCIDENTS** occur **DAILY**  
in the US\*

\* National Safety Council \*\* Bureau of Labor Statistics

### Common Injuries from Slips, Trips and Falls:

- Sprains, strains
- Bruises, contusions
- Fractures
- Abrasions, cuts

### Common Affected Body Parts:

- Knee, ankle, foot
- Wrist, elbow
- Back
- Shoulder
- Hip
- Head



### NIOSH's Top 10 Hazards that Cause Slip, Trips, and Falls

1. Contaminants on the Floor
2. Indoor Walking Surface Irregularities
3. Outdoor Walking Surface Irregularities
4. Weather Conditions: Ice and Snow
5. Inadequate Lighting
6. Stairs and Handrails
7. Stepstools and Ladders
8. Tripping Hazards: Clutter, Loose Cords, etc.
9. Improper Use of Floor Mats and Runners
10. Poor Drainage: Pipes and Drains

## Be Proactive and help keep you and your co-workers safe



- Keep your workstation free of clutter.
- Clean up spills when you see them.
- Take your time and do not rush.
- Wear appropriate non-slip shoes.
- Be aware of the floor condition when walking.
- Report unsafe flooring surfaces such as uneven or cracked flooring.
- Inspect ladders/stepstools before use.
- Do not jump down from a higher area, rather use the stairs.