

# Slip, Trip, and Fall Prevention

## So what's the problem?

- ✚ Slips, trips, and falls (STF's) is the leading cause of injury in the County. STF's represent 22% of County claims.



## Slips-

- ✚ 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
- ✚ Flooring or other walking surfaces that are worn

## Trips-



- ✚ 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-

- ✚ 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

## Prevention

### Good housekeeping

- Clean up spills immediately! Don't rely on someone else to do it.
- Mark large spills with an object that does not create a trip hazard and notify the appropriate persons to clean the spill
- Keep walkways free of clutter
- Close file cabinets
- Eliminate cords across walkways
- Keep work areas well lit



### Selection of proper footwear

- Footwear that can easily fall off your feet is not appropriate regardless of the work environment!
- Good footwear increase comfort, prevents fatigue, and improves safety
- Consult with the Safety Rules for which type of footwear is not acceptable.

## What can YOU do to avoid slipping at work?

-  Take your time
-  Pay attention
-  Adjust stride to task, especially in inclement weather
-  Walk with feet pointed slightly outward
-  Make wide turns at corners
-  Be more cautious during inclement weather to include wearing shoes with good traction
-  Report hazards that you cannot fix yourself immediately!

Now that you have a better understanding about STF's, what's wrong with these pictures?

