# Slip, Trip, and Fall Prevention

### So what's the problem?

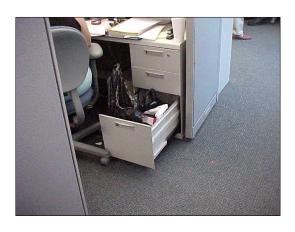
♣ Slips, trips, and falls (STF's) is the <u>leading</u> cause of injury in the County. STF's represent 22% of County claims.

## 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
- 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?





