OHBA Safety Pages: Slips, Trips, and Falls

Same-level slips, trips, and falls happen in almost every type of work setting—and unfortunately, they happen often. An estimated 3.8 million disabling work injuries are caused each year by slips, trips, and falls, accounting for roughly 15 percent of all workers' compensation costs.

Slips

A slip occurs when there is too little friction or traction between your footwear and the floor surface. In most slip events involving walking, the worker's heel on the front foot slips forward as they're transferring weight, causing them to fall backwards.

Common slips are:

- Wet (or dry but slippery) material on the floor
- Loose, unsecured rugs or mats
- Walking surfaces that have unequal traction

Trips

A trip occurs when your foot strikes an object, resulting in a loss of balance. Your momentum causes your body to continue forward.

Common trip causes are:

- Cords or clutter in walkways
- An obstructed view
- Taking a shortcut instead of a proven path
- Uneven stairs



Preventing slips and trips

- Wear appropriate shoes.
- Slow down.
- Keep walkways clear and well-lit.
- Clean up spills immediately.
- Stay alert for uneven surfaces, curbs, and potholes.
- Assume there is ice if it's near freezing.
- Take one step at a time; keep one hand free.
- Make sure your view is not obstructed.
- Remove, tie up, or secure cords.
- Use a ladder—not a chair, table, bucket, or box.

Housekeeping

Establishing excellent housekeeping practices is the key to preventing slip, trip, and fall injuries. Keeping aisles clear and well-lit for your employees, your customers, and your visitors is a great start.

Having a high housekeeping standard offers more benefits than just preventing slip, trip, and fall injuries. Employees are more likely to listen to messages about safety and health when they trust that the company means them. It can help reduce stress so they can focus on the task.

Transition areas

Transition areas can cause slips because the walking surface changes from one type to another. Here are a few common ones:

- Entering a building
- Moving from a carpeted surface to a non-carpeted surface, or vice versa
- Moving from even terrain to uneven terrain, or vice versa
- Moving through doorways or passageways

Credit: SAIF.com

OHBA OREGON HOME BUILDERS ASSOCIATION

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SAFETY PAGE MEETING GUIDE Topic: Slips, Trips, and Falls

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

_____

_____

_____

_____

Follow up on recommendations from last safety meeting:

_____

_____

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ _____

(Print) (Signature)