

Slips & Trips Infographic: Preventing Falls

Slips, trips, and falls are a safety risk that are prevalent in most industries and workplaces. The severity of their danger depends on the industry and the job, but one small slip, trips or fall can cause a serious injury which leads to risks of legal liability, lost production time, and absences. On top of that, businesses are liable for the well-being of their customers, which could mean big trouble if a customer is injured while visiting a place of business.

The best way to ensure that your employees are cautious about their own risk of slips, trips, and falls, and to encourage them to proactively eliminate the safety hazards that may cause them, is to train them on how to prevent them and encourage them to be vigilant.

OSHA encourages workplaces to have a slips, trips and falls prevention program in which employees adhere to certain safety precautions that will prevent them from occurring. For example, a workplace can require slip resistant shoes, have safety signs encouraging employees to clean up spills, and can have a procedure in place to salt slippery sidewalks and pathways in the winter.

The above infographic offers safety tips that will help prevent slips, trips and falls in your workplace. Feel free to download them or share them with coworkers and employees to start forming an effective safety culture in your workplace, today!

Need the training? Check out our workplace [safety training DVDs](#) or [online safety training](#) programs.

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PREVENTING

FALLS

from **SLIPS & TRIPS**

ONE STEP AT A TIME

* Falls that occur on the same level

About **11%** of all accepted injury claims are from a slip or trip.

That's approximately **27,400** slips and trips annually

Common CAUSES

Slips

- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

Trips

- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Wrinkled carpeting, or loose rugs or mats
- Obstructions such as an open bottom file cabinet drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

To PREVENT falls:

USE appropriate, non-slip flooring material

PROVIDE adequate lighting

PRACTICE good housekeeping:

- CLEAN** up all spills and debris immediately
- MARK** or **IDENTIFY** spills and wet areas
- KEEP** walkways clear of clutter and other obstacles
- CLOSE** file cabinets and storage drawers immediately
- COVER** or **TAKE** down cords or cables

SELECT and **WEAR** proper footwear:

- MATCH** your footwear to all the hazards of your job
- KEEP** shoes in good repair. Clean and free from contaminants

Be sure that your workplace safety program considers slips and trips prevention by:

- CONDUCTING** regular inspections
- IDENTIFYING** high-risk areas such as stairs, entrances, and high-traffic areas
- TRAINING** managers, supervisors and workers

5 WAYS to REDUCE the RISK of Slipping Tripping on wet floors

<p>SLOW down and pay attention to where you are going</p>	<p>KEEP walking areas clear from clutter or obstructions</p>
<p>PLACE each foot firmly and flat on the floor</p>	<p>KEEP flooring in good condition</p>
<p>ADJUST your stride to be suitable for the walking surface and the task</p>	<p>USE installed light sources that provide sufficient light for your task</p>
<p>WALK with your feet pointed slightly outward</p>	<p>USE a flashlight if you enter a dark room</p>
<p>MAKE wide turns at corners</p>	<p>DO NOT LET objects you are carrying or pushing block your view</p>

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