NEED TO KNOW:

Slips, trips, and falls account for a majority of general industry accidents. These accidents often cause lasting problems with daily activities, while 15% of these accidents are fatal. These incidents can be prevented through knowledge of common risk factors and the maintenance of a clean, safe work environment.

COMMON RISK FACTORS:

- Doorways
- Ramps
- Cluttered hallways
- Uneven surfaces
- Areas prone to wetness or spills
- Poor lighting
- Inattention to detail
- Unsecured cables/cords in walkways
- Unguarded lights
- Unstable work surfaces
- Unsecured mats
- Smoke, steam, or dust obscuring your view
- Ladders
- Stairs

TIPS TO PREVENT SLIPS, TRIPS, FALLS, AND RESULTANT INJURY:

- Clean up spills immediately.
- Stay off freshly mopped floors.
- Secure any cords out of walkways.
- Use non-skid mats for slippery surfaces.
- Adjust gutter downspouts to drive water away from pathways.
- Wear shoes with good support and slip-resistant soles that are appropriate for the job task.
- Ensure adequate lighting in work areas and hallways.
- Remove tripping hazards from stairs and walkways.
- Keep frequently used items in easily reachable areas.
- Check walkways and steps for obstructions.
- Do not text while walking.
- Never stand on chair, table, or other surface on wheels.
- Keep drawers/cabinet doors closed when not in use.
- When using a ladder, **ALWAYS** have at least three points of contact with the ladder.

REMEMBER:

Inspect work areas monthly to identify hazards that could cause slips, trips, or falls. It is important that the indicated problems are addressed immediately.

ADDITIONAL RESOURCES:

- National Safety Council: [Slips, Trips, and Falls](#)
- OSHA: [Walking-Working Surfaces and Personal Fall Protection Systems Final Rule Frequently Asked Questions](#)