

FACT SHEET: Slips, Trips, and Falls

Prevention and Protection



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.

✓ NEED TO KNOW:

Notify your supervisor if or when you:

1. Have problems walking or moving around.
2. Experience frequent disorientation.
3. Have vision problems that could prevent you from seeing hazards.
4. Take medications that can cause dizziness.

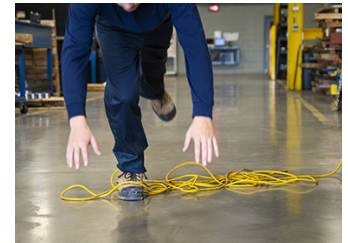
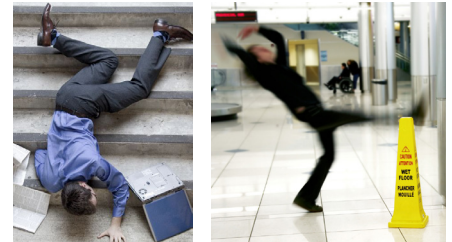
For more information on slip, trip, and fall prevention, contact OEHS at oehs@tulane.edu.

📱 MORE INFO:



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](#)