

# Slip, Trips and Falls

Slips, trips, and falls are a common cause of workplace injuries worldwide. Slips, trips, and falls can be prevented through awareness, good design, appropriate maintenance, risk management and reporting.

**Slips** occur when a person's foot loses traction with the floor.



**Trips** occur when a person's foot catches on something and cause them to stumble or fall.



**Falls** can result from slips or trips but can also occur during falls from low heights such as steps, ladders, and pavements.



Examples of situations where slips trips and falls are likely to occur are:

- Unsafe ladders
- Slippery surfaces
- Walkway obstructions
- Improper shoes
- Running
- Poor lighting
- Bad Weather (Rainy Conditions)



**Everybody can take practicable actions to avoid slip, trip and fall injuries, for example:**

**Pay** attention to your surroundings. Keep a clear view of where you are walking and avoid reading, sending or reading a text message on your mobile phone that will distract your attention.

**When** using a staircase, hold onto the stair handrails and do not carry items in front of your body that would make it difficult for you to see where you are going.

**Plan** ahead to arrive at your next appointment on time. Avoid running or rushing when you should be walking.

**Move** any trip hazards from walkways.

**Keep** a clean and tidy work and home environment to ensure that floors, staircases, and other walk areas are kept free from tripping hazards.

**Clean** up spills immediately, even the small ones.

**Wet** or damaged pedestrian walkways can be hazardous. Be cautious not to run and pay attention to where you are going. Wear proper slip-resistant footwear.