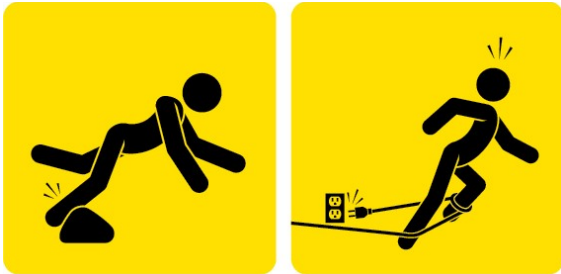




## Slips, Trips and Falls

Slips, trips and falls are some of the most common workplace incidents.



### Common Causes of Slips, Trips and Falls

- Distracted by other things
- Weather conditions have changed
- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear
- Uneven walking surfaces
- Unexpected or unseen steps, platforms or thresholds
- Obstructions such as an open file drawer
- Exposed or loose cables, wires or cords
- Clutter on the floor or stairs

### Resources

[CCOHS: Preventing Falls from Slips and Trips](#)

[LNI: Slips Trips and Falls \(Same Elevation\)](#)

### Prevention Tips

- Use appropriate, non-slip flooring materials
- Use adequate lighting to see where you are going
- Clean up all spills and debris immediately
- Mark spills and wet areas
- Keep walkways clear of clutter and other obstacles
- Close file drawers immediately
- Cover or tape down cords and cables
- Match footwear to the hazards present
- Keep shoes in good repair and clean from contaminants
- Slow down and pay attention to where you are going
- Place each foot firmly on the floor
- Keep flooring in good condition
- Carry items so that your line of sight is not blocked



Created by R. Benson

**Don't learn safety by accident**