



Slips, Trips, Falls

Slips, trips, and falls are a common occurrence and can result in serious injuries. To avoid being hurt in this type of accident, you should know how to prevent situations that could cause someone to slip, trip, or fall. Read further to learn how you can prevent these accidents, and what to do if you or someone else is injured in this way.



How to Prevent:

- Some of the most common places where slips, trips, and falls occur are stairs, ladders, uneven surfaces and high-traffic areas. To avoid accidents, it is important to remove obstacles from these areas.
- Slippery walking surfaces should be clearly marked with caution signs.
- If there is a spill, clean it up immediately and make sure the walking surface is dry.
- Wear non-slip shoes.
- Stairs should be in good repair, have non-slip material, and handrails. Carpeted stairs should be checked regularly for attachment and wear that may reduce friction.
- Always use a handrail when walking on stairs.

What to Do in the Event of a Fall:

- File an incident report with the Environmental Health and Safety department.
- If you witness someone fall and sustain a significant injury (unconscious, broken bone, bleeding), call 911 immediately.
- The problem that caused the slip, trip, or fall should be fixed as soon as possible. (i.e. repair, remove obstacle, clean up spill, etc.)

Resources

[Guidelines to Prevent Slips, Trips and Falls](#)

[Slip, Trip and Fall Accident Prevention](#)

[What Should You Do?](#)

[National Safety Council STF Tips](#)

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Don't learn safety by accident