

*"For safety's sake—do something."*

## Slips, Trips, & Falls - Safer Working Environment

Slips, Trips, and Falls (STF) often occur due to a loss of traction between the foot / shoe and the walking surface. Common locations of risk are doorways, ramps, hallways with different floor surfaces, stairs, and when obstacles like rugs or cords are present.

- 1. Create good housekeeping.** Safety and housekeeping go hand in hand. A clean workplace is a safe workplace. Proper housekeeping should be a routine behavior and a daily activity.
- 2. Reduce wet or slippery surfaces.** The most frequently reported types of walking surfaces causing the most injuries are parking lots, sidewalks, bathrooms, and food preparation areas.
- 3. Avoid creating obstacles in walkways.** Injuries can result from trips caused by obstacles, clutter, or equipment blocking walk paths.
- 4. Create and maintain proper lighting.** Ensure lighting is adequate in all work areas like walkways, stairways, ramps, hallways, and basements.
- 5. Wear proper shoes.** The shoes you wear can play a big part in preventing STF. Footwear should be slip-resistant and not create a trip hazard. High heels may look nice, but they can create real slip and trip hazards.
- 6. Control individual behavior.** If you are in a hurry, you are likely to be walking fast or even running, which increases your risk of a STF. Taking shortcuts, carrying objects that block vision, wearing dark glasses, or using a cell phone could all be factored in accidents.

### Results of STF to the Employer:

- Loss of productivity and business.
- Increased insurance costs.
- Delays in work.
- Increased labor for replacement workers.

### Results of STF to the Employee:

- Lost wages.
- Out-of-pocket expenses and care.
- Pain and suffering.
- Temporary / permanent disability, altered quality of life.

### Common injuries from STF:

- Sprains and strains.
- Bruises.
- Abrasions and lacerations.
- Fractures.

### Common body parts injured from STF:

- Knee.
- Ankle.
- Wrist.
- Elbow.
- Shoulder.
- Back.
- Head.

*Together, we all must look out for ourselves and others  
to ensure we are safe at work.*

**Be a safety champion and remember,**

**"Safety always is  
ALWAYS!"**