
Preventing Slips, Trips & Falls

Slip, Trip and Fall accidents account for many workplace accidents. In the County Workers Compensation Pool, slip, trip and fall accidents are the top cause of employee injury ... DOUBLE that of even lifting, the next common injury type. This trend is the same in most workplaces and also in the home. Falls can occur on the same level, such as slipping on an icy walkway, or tripping over an object, or from a different level, like falling off of a ladder. Injuries can be minor, serious or deadly. Fatalities can occur in falls from as little as 4 feet!

What can we do to prevent slip, trips and fall accidents at home and at work? HAZARDS are the cause of most accidents. A hazard can be defined as any unsafe act or unsafe condition that can result in an accident. If you eliminate the hazard, you prevent the accident. What hazards can you eliminate to prevent slip, trip and fall accidents?

- Promptly clean up spills
- Keep walkways clear and free of clutter
- Use proper step-stools or ladders
- Only carry loads you can safely handle
- Make sure lighting is adequate
- **PAY ATTENTION! This is the most common cause of all accidents! If we would just pay attention to where we are and what we're doing, we could prevent most accidents!**
- Select your footwear to match the surface you will be walking or working on

Type of Soles verses Type of Surfaces

- **Hard Rubber Soles** - Work best on greasy concrete and wood

- **Soft Rubber Soles** - Work best on dry surfaces
- **Crepe Soles** - Work best on rough concrete surfaces, either wet or dry
- **Neoprene Soles** - Can be worn safely on most wet or dry surfaces

What This Means for Counties

- Just exactly what can we do to minimize the risk of slip trip and fall accidents due to icy surfaces?
- **Walk like a Duck! Seriously! Walk flat footed or on the balls of your feet, not your heels.**
- Avoid routes that have not been cleared or appear to be glazed over.
- Avoid carrying large objects that can obstruct your view or cause you to lose your balance.
- Wear correct footwear for conditions (boots and possibly add traction devices).
- Traction devices can be stored in a coat pocket or purse when not in use.

Footwear traction devices pull on easily and fit practically any shoe or boot. They are ideal for preventing falls on any icy or slippery surfaces. They start as low as \$15 and are available at many retail outlets and internet stores. One popular brand is Yaktrax, which can be seen online at <http://www.yaktrax.com/>.

For assistance, contact any member of the CTSI Loss Prevention Team at 303-861-0507