



## Slips, Trips & Falls

**Introduction:** In our workplace, we tend to walk from place to place, giving very little thought as to how we'll get there, what obstacles we may encounter, or what may be on the floor that can cause us to slip, trip or fall. Every year, slips, trips and falls rank at or near the top as one of the leading causes of injuries at work, in our home, or while we're participating our favorite hobby.

Let's take a look at what know about potential causes of slip, trip and fall injuries.

- 50% of Slip, Trip or Fall injuries are caused by unsafe, unclean floor surfaces
- 24% of Slip, Trip or Fall injuries are caused by inappropriate footwear
- 9% of Slip, Trip or Fall injuries are caused by Inadequate Hazard Identification
- 7% of Slip-and-Falls are caused by Insufficient Training
- The remaining 10% of injuries were determined (eventually) to be fraudulent claims

Let's take a closer look at a few potential causes.

- Unsafe Floor Surfaces: broken floor tiles, missing floor drain covers, or rolled-up carpeting
- Unclean Floor Surfaces: spilled water (where's the source?), dirt/grease flying from equipment or machinery, poor housekeeping practices
- Improper Footwear: smooth/slippery soles, open toed shoes, worn out shoes, untied shoelaces, leather soles, etc.
- Inadequate Hazard Identification: a floor with a sudden change of elevation, broken floor drain, unguarded floor channel, heaved sidewalk due to ice/snow conditions, etc.
- Insufficient Training: all employees should be trained on hazard recognition and guidelines regarding footwear, floor maintenance, reporting unsafe conditions etc.

Let's Review – What can we do to prevent slip, trip or fall related injuries?

- ☞ Always pay attention to what is going on around you
- ☞ Plan your route, anticipate potential hazards and avoid/eliminate them
- ☞ Don't make sudden turns or stops
- ☞ Move cautiously near corners, especially when carrying things
- ☞ Be aware of any blind corners, problem floor surfaces, or hazardous areas

**IMPORTANT NOTICE** - The information and suggestions presented by The PMA Companies' *RC Notes* are for your consideration in your loss prevention efforts. They are not intended to be complete or definitive in identifying all hazards associated with your business, preventing workplace accidents, or complying with any safety related, or other laws or regulations. You are encouraged to alter them to fit the specific hazards of your business and to have your legal counsel review all of your plans and company policies.