



SLIPS TRIPS AND
FALLS 1



LESSONS FROM
LOSSES 2



CLASS FOCUS—
JANITORIAL..... 2

Loss Control and you

Slips, Trips and Falls

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According to the Occupational Safety and Health Administration, the majority of general industry accidents are slips, trips and falls. Slips, trips and falls can cause a variety of injuries, ranging from strains and sprains to concussions, back injuries, broken bones and even death. According to the Census of Fatal Occupation Injuries, slips, trips and falls account for approximately 11% of all workplace accidental deaths, second only to motor vehicle accidents. Of the 635 workplace fatal falls in 2010, over one-third involved falls from ladders (20%) and roofs (18%).

A slip occurs when there is too little traction or friction between the shoe and walking surface. A trip occurs when a person's foot unexpectedly makes contact with an object or drops to a lower level, causing the person to be thrown off-balance. A fall occurs when a person loses balance and falls to the

ground or a lower surface.

There are a variety of factors that can make it difficult to maintain footing, causing slips, trips and falls.



Wet or Slippery Walking Surfaces

– Can involve spills - such as water, grease or oil – or inherently slippery surfaces like polished marble or ceramic tiles. Management can reduce the frequency of slips and falls by using anti-skid adhesive tape in high-traffic areas, ensuring that spills are reported and cleaned up immediately and using proper matting. Employees can protect themselves by displaying wet floor signs when appropriate, wearing proper footwear, and altering their stride to take shorter, slower steps.

Environmental Conditions

– Can include snow and ice, fog, dew, bright sunlight or darkness. Accidents can be avoided by wearing boots with non-skid soles, avoiding clothing that blocks vision, wearing effective sunglasses, limit carrying items that reduce one's balance and carrying a light source to illuminate your path when needed.

Insufficient or Inadequate Lighting

– Can make it difficult to see obstacles and notice changes in walking surfaces. Move slowly where light is dim, pay increased attention to your path of travel, and allow your eyes to adjust when moving from light to dark areas and vice versa.



Changes in Elevation

—a change in walking surface of ¼" or greater is sufficient to cause a trip. Curbs, sidewalk cracks, bumps, potholes,

ramps and single steps or slight changes in walking surface are examples of these hazards. Also climbing and descending stairways and poor housekeeping issues can contribute to slips, trips and falls. Employers can reduce these accidents in a number of ways; highlighting or repairing damaged walking surfaces, utilizing handrails at all times, keeping stairways clear of any obstacles, checking for loose or damaged stair treads, and avoid stringing cords or wires across any hallway or walkway.

Safety Calendar

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April 2012 – [Distractions Driving Month](#)

May 2012 – [National Electrical Safety Month](#)

June 2012 – [National Safety Month](#)

