



Stand Firm: Avoiding Slips, Trips and Falls at Work

Slips, trips, and falls are the third leading cause of workplace injury, and account for 12 percent of workplace fatalities. Vigilant compliance with safety regulations and commonsense caution can prevent most falls.

Tips for Prevention:

- First and foremost, watch where you're going.
- Keep all aisles, stairs, and walkways free of clutter, and keep cabinet doors and drawers closed when not in use.
- Report broken stairs or loose stair coverings.
- Immediately pick-up and clean-up any dropped items or spills.
- Use caution on stairways: use handrails and take one step at a time.
- When walking on a wet or slippery surface, slow down, take small steps, and keep a hand free for balance.
- If your work area tends to be wet, dirty, or oily, wear slip-resistant footwear, and keep the soles clean for better traction. Request non-skid floor coatings and slip-resistant mats in slippery or heavy traffic areas.
- Place chains, guardrails, or warning tapes around elevated areas.
- Keep all harnesses and other fall protection equipment in working order, and use them correctly.
- When using a ladder, start with a firm, solid surface. Inspect the ladder before and after every job. And follow the safety rules and warnings posted on the ladder.
- Report even a minor fall. It could prevent someone from experiencing a more serious injury down the line.

Falls Risks

- Wet or slippery walkways
- Clutter or wires blocking passages
- Broken stairs or handrails
- Improper use of ladders or other height equipment