

# Slips, Trips, and Falls

The majority of general industry accidents are caused by slips, trips, and falls. These accidents often cause long-term problems with daily activities, and 15% of them are fatal. The following are common risk factors for slips, trips, and falls, as well as ways to prevent slips, trips, and falls and the injuries that result from them from happening to you or others.

## Common Risk Factors for Slips, Trips, and Falls

- Doorways
- Ramps
- Cluttered hallways
- Uneven surfaces
- Areas prone to wetness or spills
- Poor lighting
- Inattention to detail
- Unsecured cables/cords in walkways
- Unguarded lights
- Unstable work surfaces
- Unsecured mats
- Smoke, steam, or dust obscuring your view
- Ladders
- Stairs



## Tips to Prevent Slips, Trips, Falls, and Resultant Injuries

- Clean up spills immediately.
- Stay away from freshly mopped floors.
- Keep any cords out of the walkways.
- For slick surfaces, use non-skid mats.
- Adjust downspouts on gutters to direct water away from pathways.
- Wear shoes that provide adequate support and have slip-resistant soles for the job.
- Make sure there is enough lighting in work areas and hallways.
- Tripping hazards should be removed from stairwells and walkways.
- Keep frequently used items in easily accessible locations.
- Examine the walkways and steps for any obstructions.
- Do not walk while texting.
- Never stand on chairs, tables, or other movable surfaces.
- Keep drawers and cabinet doors closed when not in use.
- Always have at least three points of contact with a ladder when using it.



## Important to Remember

- Inspect work areas to identify hazards that could cause slips, trips, or falls. It is important that these hazards are addressed immediately.
- Notify your supervisor if or when you:
  - Have problems walking or moving around.
  - Experience frequent disorientation.
  - Have vision problems that could prevent you from seeing hazards.
  - Take medications that can cause dizziness.

## References

- National Safety Council: [Slips, Trips, and Falls](#)
- Tulane University EHS: [Slips, Trips, and Falls](#)