Risk Management Department

Slips, Trips & Falls

January, 2009
Introduction

Slips, trips and falls are the single most common cause of workplace injuries.

This training contains information about the dangers posed by slips, trips and falls and what you can do to protect yourself from injury.
Introduction

In this training we will cover:

- Why worry?
- What are slips, trips and falls?
- Steps for prevention
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Why Worry?

- Slips, trips and falls are the single most common cause of workplace injuries.
- They make up 25% of APS employee injuries each year.
- Since 1992, 3,719 employees have been injured in slips, trips and falls.
- Since 1992, these accidents have cost APS more than $11,000,000!
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Slips

A slip is the loss of balance caused by lack of friction between the foot and the walking surface.

Common Causes:
- Spills, liquids
- Debris, gravel etc.
- Weather hazards
- Loose, unanchored rugs or mats
- Worn flooring or other walking surfaces
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Trips

Loss of balance caused by striking an object

Common Causes:

- Obstructed view
- Poor lighting
- Clutter
- Wrinkled carpeting
- Cords and cables
- Open drawers
- Uneven walking surfaces
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Falls

Loss of balance resulting in drop to the floor

There are three types of falls:

- Falls on the same level
  Slip or trip immediately precedes fall to floor
- Falls to lower level
  Falls from platforms, docks, ladders, steps or stairs
- Jumps to lower level
  An intentional jump from one level to another
  Jump off ladder, dock, equipment
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Prevention

- Housekeeping
- Quality of walking surfaces
- Proper footwear
- Pace of work
- Inclement weather
- Addressing hazards
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Housekeeping

- Clean up spills immediately
- Mark wet areas
- Sweep debris from floor
- Remove obstacles
- Keep walkways free of clutter
- Secure mats, rugs and carpets
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Housekeeping

- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas and walkways well lit
- Replace burned out light bulbs
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Quality of Walking Surfaces

- Change or modify walking surfaces
- Repair floors
- Use mats to wipe feet
- Abrasive-filled paint or strips
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Footwear

Wear appropriate footwear
- Appropriate for type of work
- Appropriate for conditions

Advantages of proper footwear
- Increased comfort
- Prevent fatigue
- Improve safety
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Pace of Work

- Take your time
- Pay attention to where you are walking
- Adjust your stride to the task
- Make wide turns at corners
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Inclement Weather

- Slow down to react to a change in traction
- Wear slip-resistant shoes or overshoes
- Treat outdoor walking surfaces with ice melt
- Wet shoes on dry floors – Caution!
- Keep floors dry
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Addressing Hazards

- If you cannot fix the hazard,
- Immediately report it
- Alert or warn others in the area
- Mark the area or stay there until help arrives
You are finished!

You have finished the Slips, Trips and Falls training.

Download the quiz from the Risk Management website’s training page.

Print the form and be sure to write your name, location and employee number in the spaces provided.

Complete the ten questions and have your supervisor send it to the Risk Management office.