

# Slip, trip, and fall hazards

## Key takeaways:

- Many workers are hurt due to slips, trip, and falls.
- Housekeeping is key to preventing slips, trips, falls.
- Keep walkways and paths in good condition and free of items and debris.
- Move with a clear view of surroundings, have good footwear tread, and avoid walking on edges such as curbs.

Slips, trips, and falls are a leading cause of injury. Thousands of disabling injuries, even deaths, occur each year as a result of slips, trips, and falls from heights, on stairs, and even at ground level. Everyone has a role in preventing these injuries.

At work and at home, housekeeping is a key element. Keep walkways, aisles, and stairs free of tools, materials, and other hazards. Keep cords, power cables, and air hoses out of walkways. Place trash in the proper containers.

Walkway maintenance is also key. Repair or report floor problems, such as broken planks, missing tiles, etc. Block off and mark floor areas that are being cleaned or repaired.

Report missing or broken stair rails and slippery or damaged treads. Properly cover and secure floor and wall openings.

Lastly, travel wise. Walk, don't run, in general, but especially on stairs. Hold stair rails while using stairs. Avoid blocking your view if possible and check your path before walking. Do not jump on or off platforms and loading docks and stay away from edges. Do not carry a load you can't see over, especially on stairs or around dock edges. Wear appropriate footwear that is in good condition and has good tread.



## Take action (Complete one or more activities as a team)

- DISCUSSION:** Name one action you can take today to improve tripping hazard prevention on the job. What's a step you can complete today to decrease tripping hazards at home?
- FIELD TRIP:** Inspect your workplace/jobsite for tripping hazards. Immediately correct what you can and submit requests for items needing further attention. Be sure to call attention to hazards that cannot be immediately addressed.
- ANALYSIS:** What area of the workplace has been the source of the most slips, trips, or falls? What hazards can be managed? Are there visibility or flow issues? Should the area layout be changed?

**PREVENT SLIPS, TRIPS, AND FALLS**

**IF YOU NOTICE  
A HAZARD,  
ACT.**

