

Slips, trips, and falls prevention

Stop the Fall



Takeaways

- Many workers are hurt due to slips, trips, and falls.
- It is important to wear the right shoes for your job.
- Be aware of hazards like debris and spills.
- Housekeeping is key to preventing slips, trips, and falls.

Slips, trips, and falls are a leading cause of workplace injuries across industries. Thousands of disabling injuries, even deaths, occur each year because of slips, trips, and falls. Using the Stop the Fall model, we can identify the three biggest factors of slips, trips, and falls. Understanding these factors helps us all do our part in preventing these injuries.

Footwear

Choosing the right shoes is critical to preventing falls. Wear non-slip soles for environments with wet or slippery floors. Steel toe boots might also be needed in your workplace. Traction devices, like crampons or ice cleats, are useful for walking on ice or snow. Remember to regularly check your shoes for wear and replace them as needed.

Surfaces

Slips, trips, and falls can occur from heights, on stairs, and even at ground level. Pay attention to the surfaces you walk and work on, and look out for hazards like uneven ground, spills, and debris. Always block off and clean up spills right away. On the stairs, be sure to keep your vision clear and use the handrail.

Actions

At work and at home, we can prevent falls. Simple housekeeping practices like keeping cords and power cables out of walkways and putting trash in proper containers can make a big difference. Side-stepping obstacles and shortening your stride on ice and snow can help you stay safe in different conditions.

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

- GROUP DISCUSSION:** Name an action you can take today to improve tripping hazard prevention on the job? What is a step you can take to decrease hazards at home?
- FIELD TRIP:** Take a walk around your work area. Find and correct any tripping hazards you can and submit requests for items needing further attention.
- 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?

Safety talk sign-in sheet

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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