

SAFETY ALERT

Slip, Trip, & Fall Injury Prevention



Slip, Trip, & Fall Injuries

Slips, trips, and falls are so commonplace that it would be easy to discount them as minor, everyday mishaps. But this category of accidents accounts for millions of injuries a year, including many fatalities. Consider these facts: Slip-and-fall accidents are the second-leading cause of on-the-job deaths; 22% of slip/fall incidents resulted in more than 31 days away from work (US Bureau of Labor Statistics (2002), and The Bureau Centers for Disease estimates the average slip-and-fall claim to be \$40,000.

Tips for reducing slip & trip accidents

A good place to start:

- Raise employee awareness regarding slip and fall risks and consequences.
- Implement and enforce employee shoe program requiring the use of slip-resistant footwear.
- Keep floors clean and dry. Immediately mop up spills and water on floors/walking surfaces.
- Post warning signs and barriers for slip and trip hazards.
- Where possible, replace tile or linoleum with slip-resistant flooring.
- Clean one side of the passageway at a time.
- Eliminate uneven floor or sidewalk surfaces.
- Keep aisles, walkways and exits free from obstructions.
- Provide sufficient, convenient space for storage to avoid cluttered floors.
- Provide adequate lighting inside and outside.
- Ensure that stairwells are well-lit, stair treads and risers are up to safety code and free from obstructions. Stairwells should be equipped with sturdy handrails.
- Conduct inspections regularly, noting defects and corrective actions taken.



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There are many reasons why workers slip, trip, and fall, while many hazards are associated with housekeeping and maintenance. For example:

- Cluttered, disorderly work areas;
- Improper storage of tools, materials, and equipment;
- Extension cords, conduits, cables, and hoses routed across walkways;
- Lower drawers left open for someone to trip over;
- Loose and unsecured floor mats, carpets, and coverings.

Slips, trips, and falls are also commonly caused by unsafe behavior, such as:

- Wearing improperly fitted, loose, or undone footwear;
- Not holding onto the railing when going up/down stairs;
- Cutting through areas not designated as walkways;
- Carrying items that block view of walking surface or walking backwards;
- Risk-taking, such as jumping from one level to another or from a loading dock to ground;
- Horseplay and running in the workplace; and
- Not paying attention to potential obstacles and hazards when moving about the work area.

GIVE YOUR FEET A GRIP & YOU'RE LESS LIKELY TO SLIP!

If you need additional assistance, contact your **FHM Risk Management Consultant** today or call 1-800-329-4340.

*For additional safety information, visit www.fhmic.com and click on the 'SAFETYnet' tab for the latest addition to **FHM Safety Tools**. **FHM Safety Tools** allows our policyholders to access a library of safety and training materials on topics specific to your industry.*

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