



# Slips, Trips & Falls

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July 2023

According to the Bureau of Labor Statistics, over 1,000 workers die each year as a result of a slip, trip or fall and countless other mild or serious injuries resulting in days away from work.



## SLIPS, TRIPS &

## FALLS: 15% OF ALL WORKPLACE ACCIDENTS

SLIPS, TRIPS & FALLS on the same level are the

**2nd** LEADING CAUSE OF INJURY

**25,000**

Slip, Trip & Fall ACCIDENTS occur DAILY

## Number of Accidents

Slips and trips are responsible for, on average: over a third of all reported major injuries. 20% of over-3-day injuries to employees. 2 fatalities per year.

## Most injured body parts

The most common injuries from these types of accidents, unsurprisingly, are fractures and dislocated joints. These are most commonly to the ankle or wrist, but fractures to fingers are also common. Shoulder dislocation and knee injury can also commonly occur.

Spills, ice, snow, rain, loose mats, rugs, and stepladders are some of the common causes of slips, trips, and falls. In addition, poor lighting and clutter can cause injuries such as sprains, strains, bruises, bumps, fractures, scratches, and cuts.

Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or don't pay attention to where you're walking.

## You can help avoid slips by following these safety precautions:

- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- Clean up or report spills right away. Even minor spills can be very dangerous.
- Don't let grease accumulate at your workplace.
- Be extra cautious on smooth surfaces such as newly waxed floors. Also be careful walking on loose carpeting.
- Take care when transitioning from one surface to another



## Take extra care when walking on the following surfaces:-

- Sloped walking surfaces
- Loose, unanchored rugs, floorboards or shifting tiles
- Wet, muddy or greasy shoes
- Ramps & gang planks without skid- or slip-resistant surfaces
- **Metal surfaces**
  - Dockboards & dock plates
  - Platforms
  - Sidewalk & road covers
- Mounting & dismounting vehicles & equipment
- Climbing ladders
- Loose, irregular surfaces such as gravel
- Sloped, uneven or muddy terrain
- Weather hazards such as leaves, pine needles & other plant debris (wet/dry)

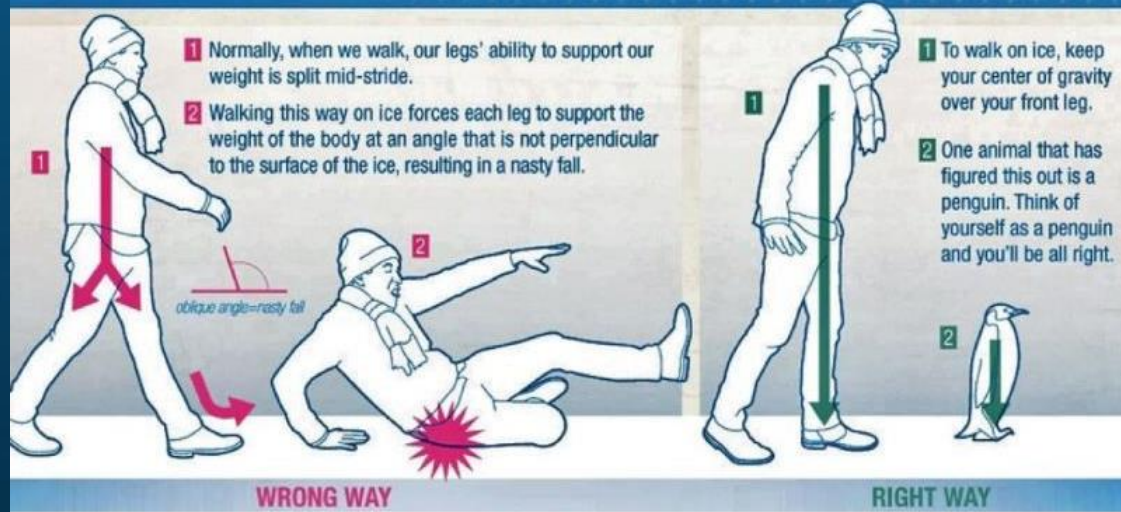


When working in extreme cold weather conditions where ice and snow are present the likelihood of a slip injury increases.

Remember to take care and walk like a Penguin!



## HOW TO WALK ON ICE





Traction devices attach to the bottom of existing footwear to provide secure footing when walking on ice, snow, and other wet or slippery surfaces. Transitional traction devices are attached with straps and can be moved out of the way when moving indoors. Devices for sustained use are designed to be worn for longer periods of time either indoors or outdoors.

**Remember: No matter whether you use traction devices or nonslip footwear – regularly check your PPE and replace as and when required if worn or damaged.**



Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance.

## To prevent trip hazards:

- Make sure you can see where you are walking. Don't carry loads that you cannot see over.
- Keep walking and working areas well lit, especially at night.
- Keep the workplace clean and tidy. Store materials and supplies in the appropriate storage areas.
- Arrange furniture and office equipment so that it doesn't interfere with walkways or pedestrian traffic in your area.
- Properly maintain walking areas, and alert appropriate authorities regarding potential maintenance related hazards.



# Causes of Trips

- Uncovered cables, wires or extension cords across aisles or walkways
- Clutter, obstacles in aisles, walkway & work areas
- Open cabinet, file or desk drawers & doors
- Objects protruding from walking surface
- Uneven surfaces/ Sidewalk/curb drops
- Speed bumps



Falls occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.

To avoid falls consider the following measures:

- Don't jump off landings or loading docks. Use the stairs!
- Repair or replace stairs or handrails that are loose or broken
- Keep passageways and aisles clear of clutter and well lit.
- Wear shoes with appropriate non-slip soles.
- Wear required fall protection if working at heights



3 parts of an effective fall arrest system:

- 1 Anchorage point
- 2 Harness
- 3 Lanyard or lifeline

[osha.gov/stopfalls](https://www.osha.gov/stopfalls)

Falls can be prevented:

**PLAN** ahead to get the job done safely.

**PROVIDE** the right equipment.

**TRAIN** everyone to use the equipment safely.



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# When is Fall Protection required?

Employers must provide  
**SAFE, SECURE  
FALL PROTECTION**  
where workers are exposed to  
falls from the following heights:



**4'**  
in General  
Industry  
Workplaces



**5'**  
in  
Shipyards



**6'**  
in the  
Construction  
Industry



**8'**  
in  
Longshore  
Operations

**Vertical Lifelines**  
or lanyards must have:



**5k**  
a minimum breaking  
strength of 5,000 pounds



be protected against  
being cut or abraded.

Employees working on a surface with an  
**Unprotected Side/Edge**  
that's **SIX FEET** or more  
above a lower level must use fall protection

**6+**




Guardrails



Safety nets



Personal fall  
arrest systems

Each employee **MUST** be attached to:

- a separate vertical lifeline →
- anchor points capable of supporting at least **5,000 lbs** per employee attached



# How to prevent Slips, Trips & Falls



## GOOD HOUSEKEEPING

- Keep clutter away from floor to prevent injuries
- Close drawers when not in use



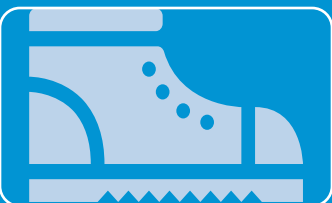
## ADEQUATE LIGHTING

- Make sure there is sufficient light especially, in stairwells, exits etc
- Report any lighting issues to supervisors



## SPILL CLEAN UP/SAFETY SIGNS

- Clean up any spills as soon as you see them
- Alert employees of hazards with signage



## PROPER FOOTWEAR

Wear non-slip shoes in slip prone areas.

Regularly check tread on PPE footwear and replace when required

# Human Factors Increasing Risk of Trips & Slips

- Failing eyesight &/or visual perception
- Age
- Physical condition & fatigue
- Stress or illness
- Medications, alcohol & drug effects



- Carrying or moving cumbersome objects or simply too many objects at one time
- Not paying attention to surroundings or walking distracted
- Taking unapproved shortcuts
- Being in a hurry and rushing



## Ladder Safety and How It Affects Everyone

THE NUMBERS SPEAK FOR THEMSELVES

+137

**ladder injuries**  
every day\*

113

**deaths** caused by  
falls each year\*

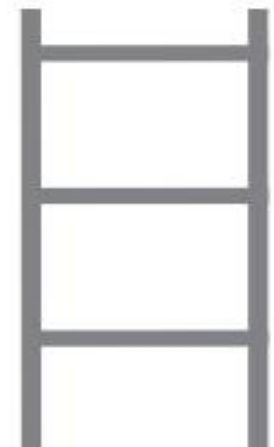
6-10 ft.

The **most common ladder falls** happen  
between 6 and 10 feet off the ground

WHETHER YOU'RE USING A LADDER AT HOME OR AT WORK,  
THESE NUMBERS AFFECT **YOU**.

**2** most **common ladder accidents** include\*\*:

1. **Missing the last step when climbing down**
2. **Overreaching**





## LADDER SAFETY

### DO'S

#### ONLY USE A LADDER OR STEPLADDER:

- After you have inspected it
- In a safe environment free of clutter
- At a firm level base
- If you can lean at approximately 75° from horizontal
- Where you can maintain 3 points of contact (hands or feet)
- Stay near the middle of the ladder



### DONT'S

#### ON A LADDER OR STEPLADDER DO NOT:

- Extend ladders while standing on rungs
- Overload it or carry loads on ladders
- Overreach
- Allow more than one person at one time
- Stand ladders on moveable objects or uneven ground
- Use the top two steps on either a ladder or a stepladder





## SLIPS, TRIPS & FALLS CAN BE PREVENTED!

Complete all job/site specific training required to be able to complete your job tasks.

Follow safety protocols at your client site by adhering to safety rules and signs. Wear required PPE, stop any unsafe act and look out for the safety of you and your coworkers.

**STAY SAFE!**



# Meeting Roster

Thank you for your time.  
To complete the  
attendance/training roster,  
please click the link below, or  
scan the QR code.

To scan the QR code, point your  
cellphone camera at the QR  
code, hover over the image and  
a link will pop up. Press the link  
and it will take you to a form to  
complete.

<https://forms.office.com/e/xyFFPBADd5>

## July Safety Committee Mtg





**Thank you for your time.  
Stay Safe!**



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Airswift UK, Delphian House, New Bailey  
Street, Manchester M3 5FS United Kingdom

t: +44 161 214 4950  
f: +44 161 214 4987

e: [info@airswift.com](mailto:info@airswift.com)  
w: [www.airswift.com](http://www.airswift.com)