Slips, Trips, and Falls

**Definitions:**

**Slips:** The loss of balance caused by too little friction or traction between your feet (footwear) and the walking or working surface.

**Trips:** A loss of balance caused from a person’s foot contacting an object or dropping to a lower level while moving forward or backwards.

**Falls:** The result of a trip or slip that causes the body to loose balance and strike a surface or object.

**Prevention Strategies**

Although there is never any way to completely prevent accidents or injuries, there are ways to reduce the likelihood of them happening.

* Promote injury awareness (in-service, presentations, checklists, posters, signage, safety meetings etc.)
* Education of supervisors, risk managers, employees
* Gather information about injuries
* Determine how to reduce injuries
* Implement & train prevention strategies

**Reporting Hazards**

* Report all hazards immediately
* Reduce risk of hazards
* Alert all persons in the area
* Mark off the area or stay there until help arrives
* Remove the hazards whenever possible
* In the event of an emergency, CALL 911!