For additional information on slips, trips and falls please refer to the following Web links:
www.osha.gov/SLTC/etools
www.att.com/ehs/safety/slips_trips_falls
www.lni.wa.gov/Safety

Slips, Trips & Falls

Slips are mainly caused by slippery surfaces such as wet or oily surfaces and by wearing inappropriate footwear. Other factors include loose rugs or mats and inadequate lighting.

Trips occur when your feet strike an object causing a loss of balance. Common factors causing trips are trailing cables, uneven surfaces, inadequate lighting and obstruction by materials or rubbish.

Falls are usually from an elevation, such as falls from ladders, roofs, down stairs or from jumping to a lower level.

Housekeeping

What does housekeeping have to do with safety? It wouldn't be a stretch to say everything! From cuts and scrapes to slip, trips, and falls, poor housekeeping is one of the major causes of employee injuries. When good housekeeping practices are in place, there is a reduction in workplace hazards.

Housekeeping Tips

- Wipe up accidental spills immediately.
- Stack materials neatly - place heavy or bulky items on the bottom.
- Keep cabinet doors and drawers closed.
- Return equipment and tools to their proper place after use.
- Properly dispose of waste and scrap as it collects, and ensure that it is placed in the appropriate receptacle. This includes flammable liquids, oily and paint-covered rags, and paper trash.
- Keep floors free of clutter.
- Keep stairs, aisles, and walkways clear.
- Ensure that exits are clearly marked and free of obstructions.
- Maintain good lighting.

Walk and Work Safely

- As slip, trip and fall hazards can present themselves anywhere and at anytime, always practice the following safe behaviors:
  - Slow down and take small careful steps if the surface is rough, cluttered, slippery or at an angle.
  - Where possible, walk on plowed, sanded, well lit walkways. Avoid taking shortcuts over snow banks.
  - Take extra care when stepping from rough to slippery surfaces:
    - Coming indoors with wet shoes.
    - Stepping from carpet to a smooth floor.
    - Getting out of your car on to an ice or snow covered surface.
    - Carry objects close to your body and below chest level so you can see over or around what you are carrying.
  - Hold the handrail on stairs (i.e., never carry objects requiring two hands on stairs).

Stairs present a special challenge, especially those that are taller, shorter, have a smaller tread depth, or are otherwise irregular.