

Prevent Workplace Slips, Trips, & Falls



Slips, trips and falls make up the majority of Illinois Public Risk Fund accidents. In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object which may lead to a fall. There are a variety of situations that may cause slips, trips and falls.

- Wet or oily floors.
- Uneven or sloped walking surfaces.
- Loose flooring, carpeting or mats.
- Damaged or irregular steps; no handrails.
- Shoes with wet, muddy, greasy or oily soles.
- Clutter including electric cords and cables.
- Open desk or file cabinet drawers.
- Weather hazards – rain, sleet, ice, snow, hail, or frost.

Slips occur when there is too little friction or traction between your feet and the walking surface. The most common causes of slips are wet surfaces, ice or other weather hazards, spills, and poor tread on footwear.

Trips commonly occur when your foot strikes an object and your momentum throws you off balance.

Falls usually take place from one level to another.

Here are 5 guidelines to help you create a safer working environment for you and your employees.

- 1 Create Good Housekeeping Practices -** Safety and housekeeping go hand-in-hand.
- 2 Reduce Wet or Slippery Surfaces -** Walking surfaces account for a significant portion of injuries.
- 3 Create and Maintain Proper Lighting -** Poor lighting is associated with an increase in accidents.
- 4 Wear Proper Footwear -** Employees are expected to wear footwear appropriate for the duties of their work task.
- 5 Control Individual Behavior -** It's ultimately up to each individual to plan, stay alert and pay attention.