

Slip, Trip and Fall Prevention

Be Mindful ~ Make smart choices ~ Choose safety

OSHA reports **slips, trips, or falls cause almost 20 percent of all workplace injuries**. A study by Bureau of Labor Statistics in 2018 found that 1/4 of slip/fall incidents resulted in more than 31 days away from work.

Nearly all slips or falls have one or more of these factors as a cause:

- substandard walking surfaces
- surface contaminants
- footwear
- walking style of the person

Trips occur when an obstruction catches the worker's foot. Slips occur when an individual slides along smoothly causing a loss of balance. Falls occur from an individual descending freely by the force of gravity.

Safe practices for individuals:

- Use 3 points of contact when mounting or dismounting equipment
- In wet or icy conditions, take smaller steps and keep your balance
- Ensure good housekeeping and proper lighting of walking paths
- Minimize distractions to remain alert to hazards
- Remove obstructions such as extension cords, hoses or tools

