

PREVENTING SLIPS, TRIPS AND FALLS

- Injuries caused by slips, trips and falls are a major burden to employers.
- An estimated 300,000 disabling injuries occur each year in the American workforce, with 1,400 worker fatalities.
- Slips, trips and falls account for about 15% to 20% of all Workers Compensation costs. It's easy to prevent most falls.



All you have to do is follow one simple piece of advice:

Watch where you're going.

Unfortunately, this is much easier said than done. But even if you don't pay attention to every step you take, at least take the time to pay attention to common fall hazards.

Use these guides to prevent slip/fall injuries:

- **Improper Housekeeping:** Keep all work and traffic areas clear and dry.
- **Inadequate Lighting:** Improve lighting conditions wherever possible.
- **Moving Too Quickly:** Don't walk too fast or run from place to place.
- **Improper Footwear:** The soles of shoes should provide enough traction to allow for safe movement.
- **Distractions:** Pay attention to where you are going, don't carry objects that can obstruct your view.
- **Improper Use of Equipment:** Use ladders correctly.

By paying attention to these factors, many slips, trips and falls can be avoided