Slip Hazards and Safety Meeting Kit

Slips, trips and same-level falls result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces, selection of proper footwear, and appropriate pace of walking are critical for preventing accidents.

DANGERS / HAZARDS

Most slips and trips are caused by:

- Poor lighting.
- Trailing cables.
- Unsuitable floor coverings.
- Uneven or damaged floor surfaces.
- Contaminated
- Floor surfaces, for example liquid or grease.

Slips

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- wet or oily surfaces
- occasional spills
- weather hazards
- loose, unanchored rugs or mats
- flooring
- or other walking surfaces that do not have same degree of traction in all areas

Trips

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common

causes of tripping are:obstructed view

- poor lighting
- clutter in your way
- wrinkled carpeting
- uncovered cables
- bottom
- drawers not being closed
- uneven (steps, thresholds) walking surfaces

PREVENTION GUIDELINES

Slips and trips are among the most common causes of injuries in the workplace, they are also among the most easily preventable.

1. **Create Good Housekeeping Practices**

To create an effective housekeeping program, there are three simple steps to get you started

- **Plan ahead**– Know what needs to be done, who's going to do it and what the particular work area should look like when you are done.
- **Assign responsibilities**– It may be necessary to assign a specific person or group of workers to clean up, although personal responsibility for cleaning up after himself/herself is preferred.
- **Implement a program**– Establish housekeeping procedures as a part of the daily routine.

1. Reduce Wet or Slippery Surfaces
2. Avoid Creating Obstacles in Aisles and Walkways
3. Create and Maintain Proper Lighting
4. Wear Proper Shoes
5. Control Individual Behavior

What Employees Can Do for Safety's Sake

- taking your time and paying attention to where you are going.
- adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing.

- walking with the feet pointed slightly outward.
- making wide turns at corners.

Slips, Trips Takeaway

There are three things that workplace managers, front-line supervisors and workers should do to eliminate, reduce and avoid totally preventable incidents:

- **Understand How Accidents Happen**
- **Identify the Trouble Area**
- **Eliminate or Minimize**

FINAL WORD

Slips and trips are leading causes of injuries in any workplace. Injuries such as a rolled ankle usually aren’t very serious but can take away from productivity. Sometimes, slips or trips can lead to falls. Depending on the circumstances, these falls can prove to be fatal. Preventing slips and trips involve a small amount of effort.