

Slips. Trips. Falls: Taking Steps to Keep Everyone on Their Feet

Claims resulting from same-level slips, trips, and falls are a big piece of the workers' compensation pie, accounting for more than 12 percent of policyholder claims over the past five years. This is also a hazard that is easy to address with simple best practices that can be implemented now.

In this webinar, learn your risk factors and practical steps you can take today to solve your slip, trip, and fall problems.

Reduce future claims by preventing same-level falls once and for all!

Topics include:

- Common workplace practices that might be hurting more than helping.
- Who's falling and why.
- Best practices you can do now to prevent slips, trips, and falls.

Download these helpful slips, trips and falls resources

Slips, Trips & Falls Presentation PDF



SLIPS, TRIPS & FALLS

Taking Steps to Keep Everyone on Their Feet

[View the “Slips, Trips & Falls” webinar slides in PDF format](#)

Slips, Trips, Falls Assessment

Taking the steps to keep everyone on their feet!

SLIPS • TRIPS • FALLS

What's Your Grade?
Slips, trips and falls are the #1 leading cause of workplace injuries. Complete this quick assessment to grade your slip, trip and fall program. If the sentence is true all the time, enter "1". If sometimes true, enter "2". If never true, or if you don't know, enter "3" (omit). Then, add up your score and "find your grade" on the next page!

NUMPTS = 2
SCORE/TRADE = 1
ADJST = 0

General	
1. Is there a facilities contact to call if you find an issue, and is that number readily available to all employees?	
2. Is a procedure in place to report all types of slip, trip and fall hazards?	
Flooring	
3. Is flooring in the workplace regularly inspected for issues that may need repairs?	
4. Are there regular inspections of the pavement and concrete surfaces surrounding your buildings?	
5. Are repairs completed immediately when issues are reported?	
6. Are warning signs immediately placed in/around risky areas until issues are repaired?	
7. Do you have non-slip mats placed on slippery surfaces?	
8. If conditions warrant (rain, snow, etc.), are mats placed at your entry doors, appropriately covering areas fully, and follow the correct slope/length considerations?	
Lighting	
9. Is there proper interior and exterior lighting, illuminating common areas that employees or customers might trip on?	
10. Are stairways and steps well lit?	
11. Are all light bulbs (fluorescent, incandescent, LED, etc.) in good working order?	
12. Are there regular inspections of interior and exterior lighting?	
13. If a bulb is burned out, is it immediately repaired?	
Miscellaneous	
14. Are all spills cleaned up immediately?	
15. Are warning signs immediately placed in/around spills until they are clean and dry?	
16. Are working surfaces and walkways always kept clean and free of clutter?	
17. Are all power, internet, phone and other cords tucked away / taped so they're not trip risks?	
18. Are power outlets, internet connections and phone jacks installed in easily accessible locations to avoid running cables across walkways?	
19. Are employees trained or free to avoid tripping hazards, such as closing file drawers and removing walkway hazards?	

What's your grade? Find Slips, Trips, Falls materials at icwgroup.com/safety

[Complete this quick assessment for your slip, trip & fall program](#)

Risk Reduction Form




Taking the steps to keep everyone on their feet!

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RISK REDUCTION FORM

Use this form to assess your operation's slip, trip and fall (STF) risk, then identify opportunities to reduce risk:

Company: Enter company	Industry/Trade: Enter industry	Completed by: Enter name	Date: Enter date
Person Considered for Loss Review: Enter last			

# of STF Claims	Cost of STF Claims	% of Claims Attributed to STF	% of Claims Costs Attributed to STF
Enter number	Enter cost	Enter percent	Enter percent

Slip, Trip, Fall Risk Factors	Y/N	Comments	Possible Solutions
1. Flooring material appears to provide inadequate friction considering intended use and common contaminants	Y/N	Enter comments	Enter solutions
2. Presence of surface irregularities or Damage	Y/N	Enter comments	Enter solutions
3. Flooring transition points that appear to pose a significant change in floor friction	Y/N	Enter comments	Enter solutions
4. Factors negatively impacting floor cleaning efficiency	Y/N	Enter comments	Enter solutions
5. Risk factors associated with employee footwear choices	Y/N	Enter comments	Enter solutions
6. Warning does not sufficiently capture contaminants at entryways or provide increased friction near hazard sources	Y/N	Enter comments	Enter solutions
7. Poor Housekeeping	Y/N	Enter comments	Enter solutions
8. Incidents driving risky behaviors (e.g. walking while talking, poor housekeeping, etc.)	Y/N	Enter comments	Enter solutions

[Assess slip, trip & fall risks and plan possible solutions](#)

Slips, Trips, Falls Did You Know?



[Helpful infographic reminder for avoiding falls in your workplace](#)

Six Ways to Reduce Your Risk



[Remind workers how to keep everyone on their feet](https://icwgroup.com/safety)

Slips, Trips, Falls Do You Know What to Do?



[Practical tips to avoid falls – just add your cleanup team contact](https://icwgroup.com/safety)

Same Level Fall Prevention – Floor Cleaning

SAME LEVEL FALL PREVENTION – FLOOR CLEANING

When diagnosing a slip/trip problem within an organization, there are a variety of factors to look at that may be affecting the level of risk. Of these factors, floor cleaning, which usually has overlooked completely, is often not given enough attention. Many assess the frequency with which floors are swept and mopped, and ignore the effectiveness of the cleaning process.

A study published in 2008 tested the effectiveness of the cleaning procedures employed by 227 fast-food restaurants. 7 out of the 22 restaurants used neutral cleaners, rather than alkaline degreasers which tend to be more efficient at removing the oils and greases so commonly found on the floors of commercial kitchens. The three restaurants that were using the more effective degreasers, were found to be over-alkalizing the product, reducing its efficiency at breaking down and removing vegetable contaminants. And as it unfortunately did this common in the food service industry, each of the restaurants utilized a single step mopping method. They tended to spread contaminants around the floor and leave a residue that makes any subsequent floor wet substantially more slippery than it would be otherwise.

SELECT THE RIGHT CLEANER FOR THE JOB

Choosing the right cleaner can have a drastic impact on the efficiency of your cleaning process. Here are the four basic types of cleaning agents and their typical uses:

Alkaline Cleaners (degreasers) - These are higher pH cleaners that are efficient at removing fats, oils and greases by converting them to soap. If not adequately rinsed away from the floor after application, alkaline cleaners will leave a sticky residue that increases highly slippery when walked by a spill.

Acidic Cleaners - Break down mineral deposits like hard water stains.

Neutral Cleaners - Typical "all purpose" cleaners. They are best suited for lightly soiled or "dusty" surfaces.

Enzymatic Cleaners - Use various bacteria and their enzymes to target and break down contaminants. Each product will be specific to a particular contaminant. There are enzyme based cleaners for proteins, lipids and starches.

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[Safety reference outlining 3 practical steps for floor cleaning](#)

Same Level Fall Prevention – Floor Matting

SAME LEVEL FALL PREVENTION – FLOOR MATTING

Floor matting has long been recognized as an effective strategy to capture contaminants from footwear and provide an improved coefficient of friction near water sources. This technical bulletin will review the various types of matting and provide guidance for maximizing their effectiveness.

Entrance Matting

Scrapper Mats - Their surface is made of an abrasive material, designed to scrape or take away heavier contaminants.

Wiper Mats - With an absorbent surface, these mats are designed to dry footwear by wiping away moisture.

Wiper/Scrapper - With a surface composed of both absorbent and abrasive material, wiper/scrapper mats are designed to both take away heavy contaminants and provide a drying effect.

Research by the Carpet and Rug Institute indicates that 80% of contaminants tracked into a building are captured by the first 25 feet of a carpeted surface. Using a combination of matting, proper footwear is generally recommended to maximize this effect. For example, a 5 foot scrapper mat may be placed outside the building entrance to capture heavier contaminants. Another 5 foot wiper/scrapper mat within the building to continue capturing heavy contaminants but also begin drying. And finally, an additional 5 feet of wiper matting to more thoroughly dry the shoe sole. (5-25 feet is generally considered the ideal entrance matting length for dry conditions. That ideal is extended to 20-24 feet for wet conditions and 24-28 feet for severe climates. Mats will also vary with the amount of foot traffic. The absence of mats or too short of mats on the flooring at the end of the entrance matting is a good indication that the appropriate length has been reached.

Multi-Purpose Matting

Multi purpose matting is typically placed near liquid sources to collect spills, absorb wetness about spills, and provide a higher level of slip resistance than the installed flooring. Absorbent wiper mats are often effectively placed in front of exits, drink dispensers, and in the produce departments of grocery stores. But liquids that create especially slippery conditions like cooking oils and greases, a wicker/water mat can be used to drain the spill to the floor and provide workers with a highly slip resistant surface.

Selection

Select a mat that is designed for the intended use. For example, a rag should not be used as entrance matting. Rags tend not to have a slip resistant backing and they are unlikely to absorb moisture as efficiently as a wiper mat. It is also good practice to select matting with a beveled edge to reduce the likelihood that it will become a trip hazard.

Cleaning

Once a mat has reached its saturation point, it is not only rendered ineffective, it becomes a source for contaminants to be tracked further into a building. A cleaning routine should be designated to prevent matting from ever reaching its saturation point. Flooring under matting should also be cleaned to avoid the slip resistant backing do not become compromised by debris or liquids.

Inspection

Matting should be routinely inspected for damage that will reduce effectiveness or present a trip hazard. Visible signs of surface wear and frayed edges are indications a mat should be replaced.

Find Slips, Trips, Falls materials at icwgroup.com/safety

[Safety reference explaining how to select proper floor matting](#)

Same Level Fall Prevention – Slip Resistant Footwear



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SAME LEVEL FALL PREVENTION – SLIP RESISTANT FOOTWEAR

The use of job-incident feedback is a common response to slippery conditions in the workplace. This technique focuses on reviewing what is known of the general effectiveness of this type of feedback, and program elements that will enhance an employer's fall reduction effort.

Early steps we take require a minimum amount of friction between the flooring surface and shoe sole. When the horizontal force exerted over time is enough to overcome the provided friction, a slip occurs. The shoe sole is designed to provide a minimum amount of the risk of a slip by providing a higher level of friction than typical footwear. Their effectiveness is based upon an open heel design and a soft rubber sole material. The open heel gives liquid substances to go over and channel it out from under the shoe to make hydroplaning less likely. The softer rubber sole material is more flexible and provides a better "grip" on floor surfaces. A 2000 study of 475 fast-food restaurant workers found that the mean self-reported rate of slipping was 34% lower for those wearing slip resistant footwear.

Currently, there are no minimum requirements regulating at what point a manufacturer can market a phone as "5G resistant". A look at the testing results from 5 manufacturers showed that the performance among models varied considerably. When measured on test city query 104, the coefficients of friction of these marketable 5G resistant ranged from .42 to .76.

A 2011 restaurant study found that for each 1% decrease in the coefficient of friction, the rate of slipping increased by 11%. This is a strong case for employers to research their materials and establish a preferred models list. Many vendors will provide testing results upon request.

The effectiveness of zpp resistant footwear was only seen among foot models, but degraded with use. A 2014 study of field workers found that there was no statistically significant difference in the self-reported use of slipping between workers who wore zpp resistant shoes with at least 6 months of wear and those who wore shoes not marketed as zpp resistant. The workers who replaced their worn zpp resistant shoes experienced an average reduction in slip rate of 22%. Any employer requiring the use of zpp resistant footwear will benefit from establishing replacement guidelines.

To maximize the reduction in risk that city residents should have, employers should implement a formal return program. It should include guidelines for shoe selection, purchase, reimbursement and replacement. Careful consideration should be given to selecting a vendor, establishing a list of preferred models, determining whether workers will be reimbursed, and developing a minimum standard for shoe replacement.

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© 2011 Sage Publications 10.1177/1052562911419912
http://jme.sagepub.com

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Review of footwear effectiveness and program elements