

Slips, Trips, and Falls- Often people just stumble or trip and aren't injured at all. However, the potential remains for this to result in a very serious accident. It's virtually impossible to look at any given tripping hazard and determine with accuracy the likely outcome of an accident. Therefore, to minimize the risk of injury from slips, trips and falls we need to have some basic procedures in place.

Slips

Slips often occur due to wet or granulated or powdery substances on floors. If spills are a possibility in your working environment then the necessary equipment should be available to mop or sweep up any spills.

Trips

Damaged flooring is a common cause of tripping. If you notice any flooring damage likely to present a trip hazard, report it to the Work Order Desk in Facilities and Operations immediately.

Boxes of paper are common offices and are unfortunately a frequent cause of tripping. Therefore, it is important to consider where these can be stored safely and away from pedestrian areas. Another common cause of tripping is items being left around such as briefcases, backpacks, handbags, and other packages. Other tripping hazards include:

- uncovered cables
- bottom drawers of filing cabinets not being closed
- uneven walking surfaces
- poor lighting or an obstructed view

The secret to preventing slips and trips really comes down to good housekeeping.

Falls

When things are stored on high shelves and you need to get something down quickly, the temptation is to use a chair. This is risky enough but most office chairs swivel and have a castor base there is an increased risk of falling.

If you need to reach things at height then your first course of action is to remove the need to do so. This might require the lowering of shelves. If this can't be accomplished then make sure you use the correct equipment such as a kick stool or step ladder.