

Slips, Trips and Falls: Employee Factsheet

Slips, Trips and Falls

Most slips occur in wet or contaminated conditions and most trips and falls (on the same level) are due to poor housekeeping. The solutions are often simple and of low cost.

Most people do not take the risks associated with slips, trips and falls seriously and think that are inevitable. This is not the case, and the application of good risk assessment and management controls can significantly reduce the risk of a slip, trip or fall occurring.

The main factors that play a part in contributing to slip, trip or fall accidents are:

- cleaning
- flooring
- lighting
- environment
- footwear
- contamination and obstacles
- people.

Identify the risks:

- Are there slip, trip and fall hazards in your workplace?
- Are there uneven floors, trailing cables, areas that are sometimes slippery due to spillages, etc?
- Is your workplace cluttered so there are obstructions in the walkways?
- Are older or disabled persons at greater risk of slipping, tripping and falling?
- Is there a high accident rate for slips, trips and falls?

Did you know?

Slips and trips are the most common cause of major injuries at work and can happen almost anywhere.

- Slips and trips in workplaces were the most common cause of major injuries in the workplace in 2012/13, and slips, trips and falls from height account for over a third of all reported injuries to employees.

- Slips, trips and falls cost society over £800m per year.

Always consider:

- lighting
- footwear
- floors
- obstructions

Controlling risk:

- Only use the correct safety and cleaning equipment provided
- do not create additional slip, trip or fall hazards when undertaking cleaning or maintenance work
- carry out maintenance work at suitable intervals, and when it will cause the least disruption
- report faulty lighting before levels become too low for safe work
- ensure floors are regularly inspected and repairs made as necessary
- do not leave items lying around. Tidy up as you go and keep work areas Tidy
- if obstructions cannot be removed, use signs or barriers to warn people
- ensure spillages are promptly cleaned up
- if you are provided with safety footwear, make sure you wear it.

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