



Safety Talk

Slips, Trips, and Falls



Slips, trips, and falls can result in a wide range of serious injuries and account for approximately 20% of all work-related injuries. This is second only to auto accidents.

How to Minimize the Risk

1. Assess the area for slip, trip, and fall hazards prior to beginning work.
2. Pay special attention to outdoor footing after it rains or snows.
3. Never jump from any height.
4. Practice good housekeeping.
5. Wear shoes that have adequate tread for the work surface.
6. Do not skip stairs when walking up or down them.
7. Use "Wet Floor" signs when floors are slippery.
8. If you see an unsafe condition caused by a broken item, such as a broken handrail, report it to the Work Center (4-1414).
9. When walking on slippery surfaces, slow down and take smaller steps.
10. Watch where you are walking for potential trouble spots.

WHAT ARE SLIPS, TRIPS AND FALLS?

Slips

Slips occur when there is too little friction between one's footwear and the walking surface.

Common causes of slips are:

- Wet or oily surfaces;
- Weather hazards (ice/snow);
- Loose or unanchored rugs; and/or
- Flooring with a changing degree of traction.

Trips

Trips occur when one's foot collides with an object causing you to lose balance.

Common causes of trips are:

- Obstructed view;
- Poor lighting;
- Poor housekeeping;
- Wrinkled carpet;
- Cords across walkways; or
- Uneven walking surfaces.

Falls

Falls occur when one loses balance resulting in a drop to the ground from the effects of gravity.

Common causes of falls are:

- Improper use of equipment;
- Horseplay;
- Unfamiliar with work area;
- Overreaching; or
- Skipping steps.

IF YOU SEE SOMETHING, SAY SOMETHING!

- The best way to avoid an incident is to survey the work area and address all potential concerns prior to beginning work.



ENVIRONMENTAL HEALTH AND SAFETY TRAINING

Fall Protection

Environmental Health and Safety conducts fall protection training for employees who work in areas with fall hazards of greater than four feet such as roofers and engineers.

Ladder Safety

Ladder Safety training is also conducted by Environmental Health and Safety and requires all employees who use ladders as part of their duties to complete the course.

Training schedule is posted at:

safety.uchicago.edu