



# Safety Tip of the Week

*Your Safety Is Our Business®*

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## Slips, Trips, and Falls Safety

A "slip" occurs when there is too little traction or friction between the shoe and walking surface. A "trip" occurs when a person's foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off-balance. A trip most often results in a person falling forward while a slip most often results in the person falling backward. A "fall" occurs when you are too far off-balance.



Slips, trips, and falls are a leading cause of workplace injuries. What do experts recommend as the single most important step to take in preventing slips and falls? Simple...Housekeeping...keep floors clean, dry, and free of obstruction.

Slips, trips, and falls cause numerous injuries every day. But they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to cause any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

### Causes of Falls:

- Poor lighting;
- Slippery surfaces, wet, oily, icy;
- Hoses, cords, trash, cluttered aisles;
- Granular or powdered material;
- Footwear; and
- Uneven surfaces (such as cracks or holes).

When it comes to safeguards against slips, trips and falls, nothing is more important than good housekeeping.

**Accidents Big or Small...Avoid Them All!!**