



Safety Tip of the Week

Trip Injuries and Prevention

A common hazard that can be overlooked is the trip hazard. While falls are undoubtedly responsible for the majority of fatalities, trips cause far too many injuries in the workplace.

Trip Hazards:

There is an endless list of possible trip hazards found in a workplace such as:

- Extension cords;
- Tools, equipment, materials;
- Debris;
- Cracks in floors;
- Spaces or holes in flooring;
- Changes in elevation;
- Unexpected sloping; and
- Loose carpet or rugs.



Best Practices to Eliminate Trip Incidents:

Eliminating trip hazards is relatively simple compared to some workplace hazards. The lack of good housekeeping leads to the majority of trip hazards.

- Eliminate as many trip hazards as possible through proper housekeeping and work area setup;
- Paint or mark changes in elevation with bright paint or signage to alert others of the danger;
- Have any open holes, cracks, spaces, etc. on walking surfaces repaired as soon as possible; and
- Completely block off areas that have excessive trip hazards until fixed or addressed.

DON'T GET TANGLED UP IN YOUR WORK!!