

## Slips, Trips & Falls

**Slips, Trips and Falls are the most common cause of major injuries at work, however by taking a few simple precautions, you can significantly reduce the risks.**

### Key Facts

More than a third of all major injuries reported each year are caused as a result of a slip, trip or fall (the single most common cause of injuries at work). They also account for more than half of all reported injuries to members of the public.

Anyone at work can help to reduce slip, trip and fall hazards through good health and safety arrangements. Effective solutions are often simple, cheap and can lead to other benefits. In 2018/19, 29% of non-fatal injuries to employees are due to slips, trips and falls.

### Hints and Tips

- Make sure you know what to do with spillages.
- Make sure that leaks are reported as soon as identified.
- Play your part in cleaning regimes and schedules.
- Keep your work area tidy.
- Choose appropriate footwear for the tasks you are undertaking or the area in which you are working.
- Check that floor surfaces are in good condition and report defects.

### Slips

Slip and trip accidents happen for a number of reasons. The factors that can contribute to slips include; flooring, environment, footwear and contamination.

### Trips

The majority of trips are caused by obstructions in walkways. The rest are caused by uneven surfaces. Preventing these accidents is often simple and cost-effective.



### Do...

- Walk on designated walking routes.
- Wear footwear appropriate to the work you are carrying out.
- Report defects in floor surfaces
- Keep work areas tidy and free from slip and trip hazards.

### Don't...

- Walk on uneven surfaces or where there has been fluid spills.
- Walk in poorly lit areas.
- Expect others to report defects – it is everyone's responsibility.
- Leave anything on walkways or on emergency exit routes.