



SLIP, TRIP & FALL PREVENTION

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To: Bridgeport General Government
Title: Slip Trips & Falls

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Falls

- **Falls can cause injury and lost time.**
- **Falls can be FATAL.**
 - In 2017, 21,200 deaths were from falls.

NSC Injury Facts 2017

Slips & Trips

- **In 2017, slips & trips resulting in falls caused 7,938,467 injuries**

NSC Injury Facts 2017

Slip, Trips & Falls are Preventable!

- **Attention to surroundings and activities is ESSENTIAL!**

Slip, Trip & Fall Factors

- ***Friction*** – The resistance between things
- ***Momentum*** – The speed & size of a moving object
- ***Gravity*** – The force that pulls you to the ground

What Happens When You Slip?

- **Slips may cause a loss of balance caused by too little friction**
 - Wet surfaces
 - Spills
 - Ice/snow
 - Hurrying
 - Running
 - Wrong kind of shoes



Avoiding Slips

- **Practice safe walking skills**
 - Over wet surfaces, take short steps
 - Move slowly
 - Pay attention to the walking surface
- **Do not ignore spills**



Avoiding Slips

- **Always pick up dropped items**
- **Be more cautious on smooth surfaces**
- **Wear the right shoes**



Avoiding Slips

- Use rubber mats in slippery areas



Avoiding Slips

- **Increase traction by applying abrasive surfaces**



What Happens When You Trip?

- **Trips occur when your foot hits an object and you are thrown off balance**
 - Trips can happen in cluttered work areas
 - In poor lighting
 - Areas with loose footing



Trip Hazards May Include...

- **Cramped supply rooms or items not put away**



Trip Hazards May Include...

- **Food or transport carts in hallways**



Trip Hazards May Include...

- **Electrical cords unprotected on the floor or in aisle ways**
- **Hurrying and not paying attention to where you're going**

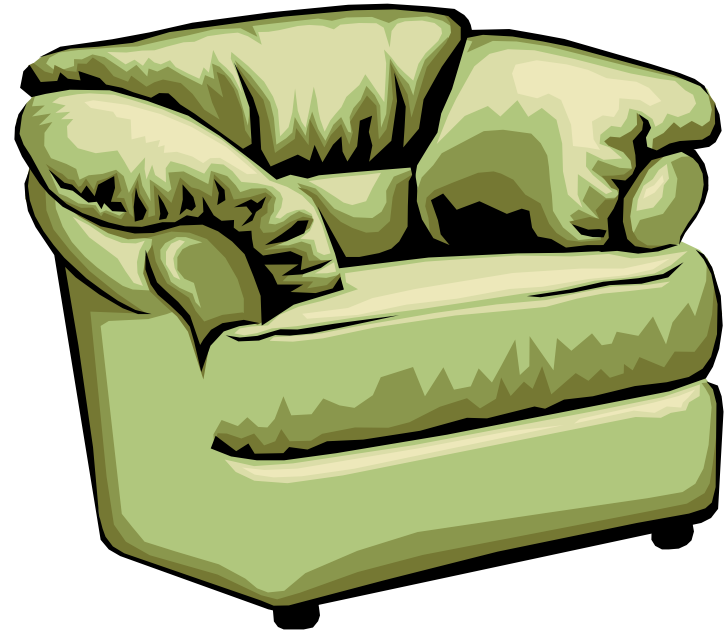
What Happens When You Fall?

- Falls occur whenever you move too far off your center of balance



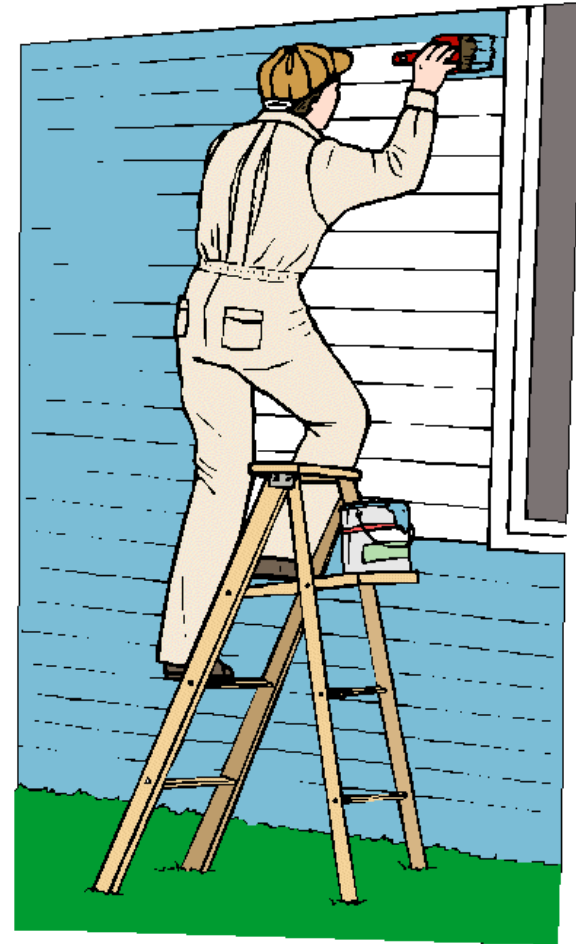
Fall Hazards May Include...

- The use of makeshift ladders
 - Climbing on a chair
 - Climbing on a counter



Fall Hazards May Include...

- Misuse of real ladders



Falls

- Most falls are slips or trips at ground level
- Falls from greater heights pose a much higher risk of serious injury

Stairs

- Loss of traction causes highest number of accidents
- We use stairs so often it's easy to forget the dangers
- High risk area for average worker are stairs



Precautions to Avoid Trips & Falls

- **Remember these rules to avoid tripping and falling:**
 - Make sure you can see where you're going. Carry loads that you can see over



Precautions to Avoid Trips & Falls

- **Keep work areas and stairways well-lit**



Precautions to Avoid Trips & Falls

- **Keep hallways and stairs free of clutter**



Precautions to Avoid Trips & Falls

- **Report loose carpeting, stair treads, or handrails**



Precautions to Avoid Trips & Falls

- **Use handrails when climbing or descending stairs**
- **Never run on stairs or jump from landing to landing**



Precautions to Avoid Trips & Falls

- **Wear good shoes -
Non-skid soles are a
good choice**



Final Thoughts

- **Preventing slips, trips, and falls is a task that depends on many factors – most importantly you.**
- **You might not be able to change your workplace, but you can recognize dangers and work to eliminate them.**

Thank You

