

Top Tips: How to Reduce Slips, Trips & Falls in Your Workplace

Overview

Slips and trips are the most common cause of injury at work. On average, they cause **40 per cent** of all reported major injuries and can also lead to other types of serious accidents. Slips and trips are also the most reported injury to members of the public.

How to Reduce the Risk?

One of the most effective controls of the risk of slips, trips and the resultant falls that they cause, is to improve the general housekeeping in the workplace. In this context it is most useful to use housekeeping to include a number of aspects mentioned in the checklist below.

Checklist of housekeeping considerations:

01 Keep work areas tidy

02 Ensuring that waste is not permitted to accumulate in inappropriate areas or to block walkways

03 Ensure appropriate storage of work items, stationery or other obstructions

04 Ensure faults – particularly to floor coverings or trailing cables – are reported and dealt with

05 Ensure adequate inspections of work areas are carried out by someone from that area at regular intervals

06 Ensure adequate cable management systems are available and used where cables have to cross walkways

07 Ensure lighting systems are adequate and not obscured to prevent hazardous shadows, and all faults are reported quickly

08 Ensure protrusions into walkways are removed, re-sited, protected by barriers, or made easier to see.



Follow these simple principles of identifying and controlling the risks from falls caused by slips and trips:



01 Be aware of potential slip and trip hazards and ensure good housekeeping

02 Prevent slip and trip risks at the design stage – ensure appropriate flooring with a slip resistant surface and suitable, sufficient storage

03 Clean up spillages immediately and ensure floors are dried after cleaning

04 Encourage all staff to wear sensible shoes

05 Regularly check your area to identify and remedy slip and trip hazards

06 Provide adequate lighting - poor lighting or glare can obscure slip and trip hazards

07 Encourage 'See it; Sort it and Report it' and acceptance of personal responsibility

08 Take care to concentrate when walking, particularly on stairs – look where you are going

09 Hold on to handrails when using stairs

10 No running in the workplace, particularly if carrying something

