



Slips, Trips and Falls

Falls both from heights and as a result of slips and trips are a common cause of injury and death. We tend to think of the danger of falls being related to working at heights, but trips over cords or material lying in aisle ways, slipping on wet or greasy surfaces or tripping on stairs or uneven surfaces can also cause serious injuries. Most workplaces have some slipping and tripping hazards but they may go unnoticed because they have become too familiar.

SIMPLE PRACTICES TO REDUCE THE RISK OF A SLIP, TRIP OR FALL
• Work areas should be kept tidy and passages or aisle ways kept clear of obstructions
• Spills should be cleaned up immediately
• Rubbish should be disposed on in the appropriate place
• Equipment should be stored in correct places
• Drawers, cords and hand tools shouldn't be left open or where others can trip over them
• Excavation works, trenches, holes, pits or lift wells should be clearly marked and roped off
• Equipment waiting for maintenance should be stored out of aisle and passages
• Don't use chairs, stools or crates to reach high shelves or machinery
• Footwear should be suitable to the type of work performed

Questions:

1. Can you name three other ways we can fall and injure ourselves other than by falling from height?

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2. Why do we sometimes not notice tripping hazards?

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3. Can you name four practices which might reduce the risk of a trip or slip?

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4. What should we do to avoid harm from open excavations and pits etc?

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5. Is appropriate footwear important for preventing trips and slips?

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