



# CIRSA HAZARD ALERT

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Your Partner in Risk Management

## Preventing Slip, Trip, and Fall Injuries

Each year employees, citizens, and visitors experience injuries from slips, trips, and falls in our municipalities. According to the National Safety Council slips, trips, and falls are the third leading cause of accidental deaths, preceded only by vehicle crashes and accidental poisoning.

Some of the conditions that contribute to injuries from slips, trips, and falls are:

- Not paying attention to walking surfaces/being distracted.
- Not wearing proper footwear.
- Not maintaining good housekeeping practices for walking surfaces.
- Inadequate lighting.
- Using stairs for storage.
- Not using hand railing while ascending or descending stairs.
- Being in a hurry.

Management, safety committees, and individual employees can all work together to ensure the work environment is free from slip, trip, and fall hazards. Here are some safety tips to reduce the likelihood of slips, trips, and falls:

- Pay attention to where you are walking and don't let yourself be distracted.
- During wet and icy weather conditions, wear appropriate footwear.
- If extension cords must temporarily cross walking paths, secure them with tape or other appropriate covering.
- Never leave file drawers open.
- Clean up spills immediately.
- Post signs to alert employees, citizens and visitors of dangers, such as wet and slippery floors.
- Regularly inspect the work area for slips, trips, and fall hazards.
- Keep stairs clear of temporary storage.
- When entering or exiting vehicles/equipment, maintain three points of contact (two feet and one hand or two hands and one foot).
- Report burned out bulbs in staircases.
- Practice good housekeeping by putting tools and materials in their proper place.
- Avoid being in a hurry.
- Report and correct, uneven walking surfaces, such as wrinkled floor mats or carpeting or settling/heaving concrete walkways.