



04. SLIPS, TRIPS & FALLS

A MOMENT'S CARE, A LIFETIME TO SHARE.

Slips, trips and falls are one of the leading causes of workplace injuries. Stay alert, stay safe!

WHY THIS MATTERS

Falls can cause serious injuries, long-term disability, or even fatalities. Most falls are preventable when we identify hazards and take simple precautions.



COMMON CAUSES

- WET OR SLIPPERY SURFACES**
Water, oil, grease, or other spills.
- CLUTTER & OBSTRUCTIONS**
Tools, cables, materials in walkways.
- UNEVEN SURFACES**
Damaged flooring, potholes, loose mats, or stairs.
- POOR LIGHTING**
Dark areas make hazards harder to see.
- IMPROPER FOOTWEAR**
Worn-out shoes or wrong footwear for the job.

HOW TO PREVENT SLIPS, TRIPS & FALLS

- KEEP WALKWAYS CLEAR**
Remove clutter, tools, cables and other obstructions.
- CLEAN SPILLS IMMEDIATELY**
Report spills and clean up right away. Use warning signs.
- USE GOOD FOOTING**
Wear slip-resistant footwear. Walk, don't run.
- USE HANDRAILS**
Use handrails on stairs and walkways. Maintain three points of contact.
- ENSURE PROPER LIGHTING**
Report any poor lighting or burnt-out lights.

HOUSEKEEPING GOOD PRACTICES

- ✓ Keep floors dry, clean and in good condition.
- ✓ Store materials properly in designated areas.
- ✓ Secure cables and hoses using cable covers.
- ✓ Keep stairs and walkways free from obstructions.
- ✓ Place warning signs for wet or slippery areas.
- ✓ Inspect your work area regularly.



RISK SPOT CHECK – ASK YOURSELF

- ✓ Are walkways clear and free of clutter?
- ✓ Are floors clean and free from spills?
- ✓ Are there any uneven or damaged surfaces?
- ✓ Is lighting adequate in all work areas?
- ✓ Am I wearing the right footwear?
- ✓ Are stairs, ladders and handrails in good condition?
- ✓ Have I reported any hazards I noticed?

DID YOU KNOW?

Over 20% of all workplace injuries are caused by slips, trips and falls. Most can be prevented!

DISCUSSION QUESTIONS

- 1 Where do you see slip, trip or fall hazards in our workplace?
- 2 What can we do to improve housekeeping?
- 3 Have you had a near miss related to slips or trips? What happened?
- 4 What can we do differently to prevent incidents?



KEY TAKEAWAY

PAY ATTENTION TODAY, PREVENT INJURIES TOMORROW.

Small actions like cleaning a spill or picking up a tool can prevent big accidents.



REAL-LIFE EXAMPLE

A worker noticed water leaking from a machine and pooling on the floor. He reported it immediately and placed a warning sign. Maintenance fixed the leak quickly. Later that day, another worker said the sign helped him avoid a serious fall.



GOOD CATCH! SAFE ACTION!

SUPERVISOR SIGN-OFF

Discussed with crew by: _____ Date: _____

SAFETY MESSAGE

Stay alert. Look where you walk. Your awareness protects you and others.



safe workplace, safer workforce