



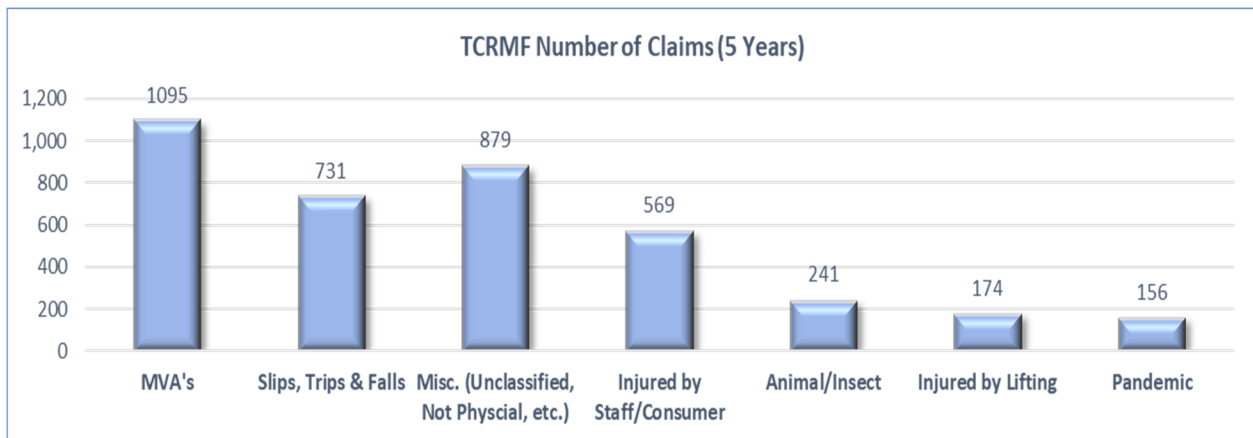
Slips, Trips, and Falls Around the Building

Slips, trips, and falls are the predominant cause of injury for our members. Work-related slip, trip, and fall incidents can frequently result in a serious injury that may cause disruption in workflow by causing lost workdays, reducing productivity, causing expensive workers' compensation claims, and possibly diminishing the Center's ability to care for consumers.

Incident Report Data

Slips, trips, and falls cause nearly 700 fatalities per year and many more serious injury type accidents in the workplace according to the U.S. Bureau of Labor Statistics (BLS). The BLS evidence shows slips, trips, and falls are the second most common cause of lost-workday type injuries. The National Safety Council indicates falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency department.

A five-year review of workers' compensation claim breakdown for TCRMF shows slips, trips, and falls are responsible for almost 20% of claims reported.



Slips, Trips & Falls: What Is the Difference?

It is imperative for Center employees who have daily exposure while working around and inside Center facilities to understand the difference between the three:

- You can slip when you lose your footing.
- You can trip when you catch your foot on or in something.
- You can fall when you come down suddenly.

Slips

Slips are a loss of balance caused by too little friction between your feet and the surface you walk or work on.

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you are in a hurry or run, wear the wrong kind of shoes for task, or don't pay attention to where you are walking (distracted).

Trips

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. Trips are more likely to happen when you are in a hurry and not paying attention to where you are going.

Falls

Falls occur whenever you move too far off your center of balance. Falls account for more workplace fatalities than any other reason.

Fall at same level: Fall to same walking or working surface or fall into or against above same surface.

Fall at lower level: Fall to level below walking or working surface.

Slips, Trips & Falls: Physical Human Factors Increasing Risk

Some of the physical and human factors that might contribute to slips, trips, or falls might include:

- Failing eyesight and/or visual perception for an individual.
- Our age plays a role in judgment while avoiding a slip, trip, or fall.
- Fatigue- long days at work and personal lives play a role in fatigue.
- Possible medications, alcohol & drugs will hinder judgment in the event of avoiding a slip, trip, or fall.

Slips, Trips & Falls: Behavioral Human Factors Increasing Risk

Some of the behavioral factors that might hinder your judgment when it comes to slips, trips, and falls might include:

- Overloading- carrying or moving cumbersome objects or simply too many objects at one time.
- Not paying attention to surroundings or walking distracted.
 - Do not use cell phones, tablets, or other devices while walking.
 - Do not read documents while walking.
 - Do not carry more than you can handle safely.
 - Take it slow when you see inclement weather approaching.
 - Stay focused on your path and your end goal.
 - Multitasking while attempting to walk throughout office or Centers properties.
- Taking unapproved shortcuts.
- Being in a hurry and rushing.

Slips, Trips, and Falls: Environmental Conditions

While working in the office or outside the Community Centers, the environmental conditions play a factor in causing a possible slip, trip, or fall. Some of these conditions might include the following:

- Poor lighting- inside the buildings and around the facilities.
- Glare can distract eyesight and leave you vulnerable with temporally blurred vision.
- Shadows without ample lighting may hinder perception and/or judgment while walking.
- Excess noise or temperature can increase distraction.
- Inclement weather (i.e. fog, ice, snow, rain, etc.).
- Poor housekeeping promotes clutter- cords, blocked walkways, etc.
- Outside walking areas with uneven surfaces, roots, etc.
- Improper cleaning methods & products.
- Inadequate or missing signage while completing housekeeping.



Slips, Trips, and Falls are Preventable

It may be a surprise to some folks, but slips, trips, and falls are preventable with some of these best practices:

- Design of workplace and work processes.
 - Design workplace and processes to prevent potential slip and trip hazards.
- Good housekeeping.
 - Maintain clear and tidy work areas free of clutter.
- Safe walking practices and routes.
 - Follow safe walking practices and routes while working in the office or on the campus.
- Wearing proper footwear for the task at hand.
 - Wear proper, sturdy and comfortable footwear with good traction.

Tips to Avoid Slips

You can help avoid slips by following some of these precautions:

- Practice safe walking skills. Take short steps on slippery surfaces to keep your center of balance under you and point your feet slightly outward.
- Clean up! Clean or report spills right away and provide appropriate signage to alert others.
- Be extra cautious on smooth surfaces such as newly waxed floors or mopped areas.

Tips to Avoid Trips

You can help avoid trips by following some of these precautions:

- Keep your working area clean and tidy with no exposed cords, trash, boxes, etc.
- Make sure you can see where you are walking and avoid overloading loads where you can't see.
- Keep all working and walking areas well-lit with appropriate lighting turned on.
- Avoid using stairs while carrying items- elevator preferred if available.
- Arrange furniture and office equipment so that it doesn't interfere with walkways or consumer/pedestrian traffic.
- Properly maintain walking area and alert appropriate management regarding potential maintenance related hazards.

Tips to Avoid Falls

You can help avoid falls by following some of these precautions:

- Don't jump off stairs, elevated surfaces, etc.
- Repair or replace stairs or handrails that appear loose or defective.
- Keep passageways and aisles clear of clutter and well-lit.
- Wear appropriate footwear for the task.
- Use a stepstool with appropriate footing. Do not use a chair.
- Keep lighter items in office storage areas towards the top of storage areas, heavier items should be in neutral area without reaching.

Employee Training

Training should be based on a best practice approach with support from upper management. The point of slip, trip, fall training should focus on situational awareness while working in the office and around the campus.

- Training Tips
 - Provide slips, trip, and fall training for all staff working on location.
 - Use the Fund's resources to provide helpful tips, checklists, etc.
 - Review ways that your employees can protect themselves from slip, trip, and fall hazards.
 - Facility staff should conduct routine safety reviews of the building's interior and exterior layout.

- Provide feedback with possible slip, trip, and falls exposures with corrective actions.

Fund Resources

Support materials, forms, and trainings are available to all our Fund members and can be provided by the Loss Control staff. Please [contact us](#) if you would like more information or the material we have available.