

# NEWSLETTER

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## THINKING ON YOUR FEET PREVENTING SLIPS, TRIPS, & FALLS

Slips, trips and falls are among the most common of all accidents. With the exception of traffic accidents, falls kill more people every year than any other kind of accident. It is sometimes easy to forget this fact since we often look at the outcome of a slip & fall and forget what caused it. For example, a slip & fall resulting in a back injury is often looked at as a "back injury," rather than a slip.

One of the most common causes of slips, trips, and falls is poor housekeeping. Wet floors, items stacked in aisles, sawdust on the floor, cords across aisles, inadequate mopping and/or sweeping - all these are direct causes of slips, trips, and falls. However, good housekeeping is one of the



easiest and most effective steps anyone can take to prevent injuries due to slips, trips, and falls.

Good intentions often get buried under the desire to "get the job done." If you haven't had a safety meeting about your company's housekeeping practices for awhile, take the time and schedule one soon. Remind your employees that they need to:

1. Avoid the hazard by walking slowly and carefully around it or over it.

2. Recognize potential slip, trip, and fall hazards. They must look for spills, wet spots, oil and grease, loose flooring, worn carpet, open drawers, electrical cords, and uneven steps on stairs. When lighting is poor or there are changes in floor color, it is especially important to look carefully because these conditions can conceal a change in friction or a change in the level of a floor.

3. Control the hazard by marking it clearly to warn others of the danger. Then, correct the hazard or make sure someone else does before leaving the area. Effective hazard controls include:

- Clean up spills immediately
- Spread grease absorbent compound on oily surfaces and follow cleanup procedures
- Mop or sweep debris from floors
- Clear obstacles and clutter from floors and walkways
- Secure mats, rugs, and carpets to make sure they lay flat by taping or tacking them down
- Always close files and cabinet drawers
- Cover cords and cables that cross walkways
- Keep working areas and passageways well lit replacing burned-out light bulbs and switches

These 3 steps: Recognizing hazards, Avoiding hazards, and Controlling hazards will reduce the risk of slips, trips, and falls in your workplace.

For more information regarding this topic or any other loss control issue, please contact our Loss Control Department at [losscontrol@bhhc-wc.com](mailto:losscontrol@bhhc-wc.com).

