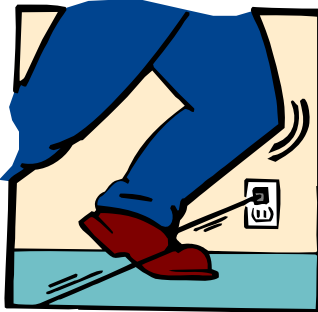


Safety Note #62

## SLIPS, TRIPS, AND FALLS



According to information available from the Occupational Safety and Health Administration, slips, trips, and falls cause 15 percent of all accidental fatalities and are a major cause of lost-time accidents. By taking several simple precautions and being aware of their work area(s), employees can control and/or reduce exposure to slip, trip, and fall conditions that may cause workplace injuries. California Code of Regulations Title 8, Section 3203 requires employees be informed and trained about workplace hazards in order to reduce the potential for slip, trip, and fall injuries.

### Common Causes of Workplace Slips, Trips, and Falls

- Slippery walking surfaces due to the presence of water, oil, animal waste, loose carpet, broken tile, loose gravel, or other slick materials and liquids.
- Uneven walking surfaces in outdoor areas such as fields or broken sidewalk pavement.
- Obstructed offices, work areas, hallways, aisles, or outdoor pathways due to obstacles such as extension cords, tools, chairs, open file drawers, brush, and tree limbs/roots.
- Improper ladder use, standing on furniture, and unsafe traverses of steps and stairs.
- Jumping off equipment, from one level to another, or across ditches.

### Slip, Trip, and Fall Precautions

- Always promptly clean up spills and place warning signs for wet or slippery walking surfaces.
- Walk at speeds that the surface conditions permit.
- When possible, detour around wet or slippery walking surfaces.
- Practice good housekeeping by keeping offices, work areas, hallways, aisles, and outdoor pathways free of obstacles and clutter. Always close file drawers after use.
- Never stand on furniture to reach for elevated objects. Always use a ladder or step stool.
- Repair loose or damaged carpeting, floor tile, and sidewalk pavement.
- Cover extension cords when they temporarily cross walkways.
- When dismounting equipment, use manufacturer-installed handrails and ladder rungs.
- Never jump across ditches or from one level to another (i.e., from a loading dock to the ground).
- Wear appropriate slip-resistant footwear for the type of task to be performed.
- Be alert of your surrounding when climbing or descending steps or stairs. Use handrails where present.
- Always provide adequate lighting in work areas, including all walkways.
- Reduce your walking speed when turning or moving around obstacles.

Videos E-008 and E-071 *Slips, Trip, and Falls* are available from the ANR Environmental Health and Safety Library at <http://safety.ucanr.org>.