



SLIPS, TRIPS & FALLS

Talking Points:

Definitions

1. Slips occur when there is insufficient friction between footwear and the walking surface, often due to wet or slippery conditions.
2. Trips happen when a person's foot strikes an object, causing them to lose balance, commonly due to clutter or uneven surfaces.
3. Falls can result from slips and trips but may also occur due to other factors like poor lighting or lack of handrails

Statistics

1. Slips, trips, and falls are among the leading causes of workplace injuries, accounting for nearly 700 fatalities in the U.S. annually.
2. These incidents can lead to several types of injuries, such as; sprains, strains, fractures, head injuries, and even death.

Common Risk Factors

1. Wet or slippery surfaces
2. Cluttered walkways
3. Uneven surfaces
4. Poor footwear

Prevention Strategies

1. Regular Inspections of your walking-working surfaces
2. Proper training on recognizing and avoiding slip, trip, and fall hazards
3. Use of signage to clearly mark hazardous conditions
4. Good housekeeping practices – maintain a clean and organized environment

For more safety tips and courses, visit [ndsc.org](https://www.ndsc.org)