

Slip, Trip, and Fall Prevention Guide



Objectives

The objectives of the Slip, Trip and Fall Prevention Guide are to provide direction on:

- ❑ a) Identifying working environments where slip, trip and fall hazards are most likely to occur.
- ❑ b) Eliminating identified slip, trip and fall hazards.
- ❑ c) Training University employees who about prevention of slip, trip and fall hazards.



Issue: Slip Trip and Fall (STF)

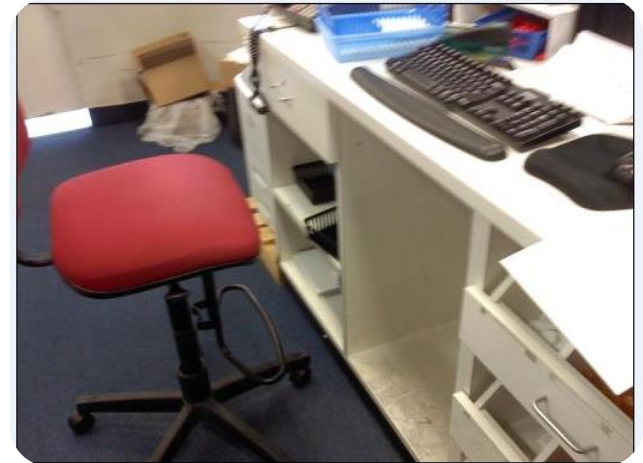
- ❑ STFs are **a major contributor** to serious injuries in the workplace.
- ❑ STFs occur in any part of the workplace whether inside or outside.
- ❑ STFs may result in serious outcomes.
- ❑ STFs cost to both worker and employer can be great.
- ❑ STFs is like stepping on money.

To: Worker

- pain
- lost wages
- temporary or permanent disability
- reduced quality of life
- depression

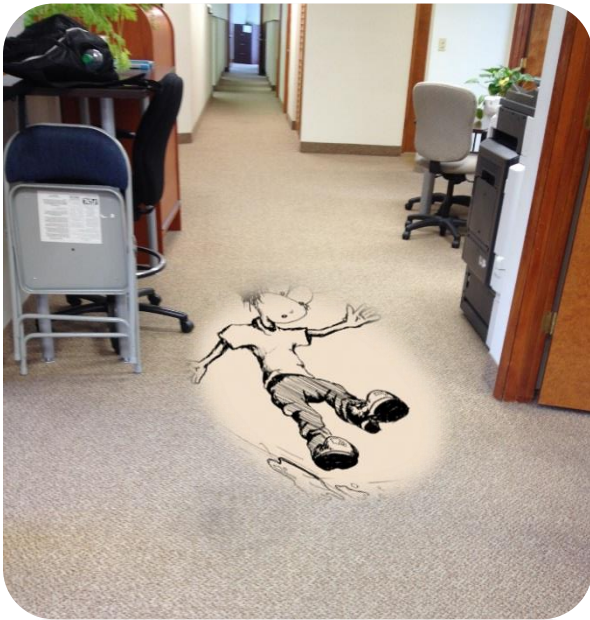
To: Employer

- loss in productivity and business
- increased industrial insurance premiums
- costs associated with training replacement worker
- cost of medical treatment



Definition: Slip Trip and Fall (STF)

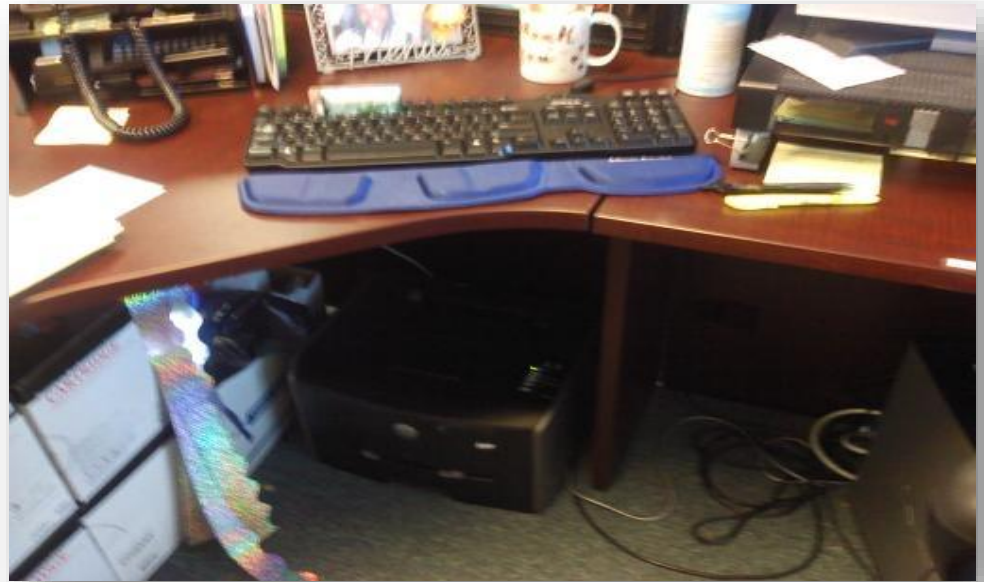
When there is too little friction or traction between your feet (footwear) and the walking or working surface, or there is a spill, and you lose your balance.



Definition of STF Friction:

The resistance encountered when an object (foot) is moved in contact with another ground).

Friction is necessary in order to walk without slipping.



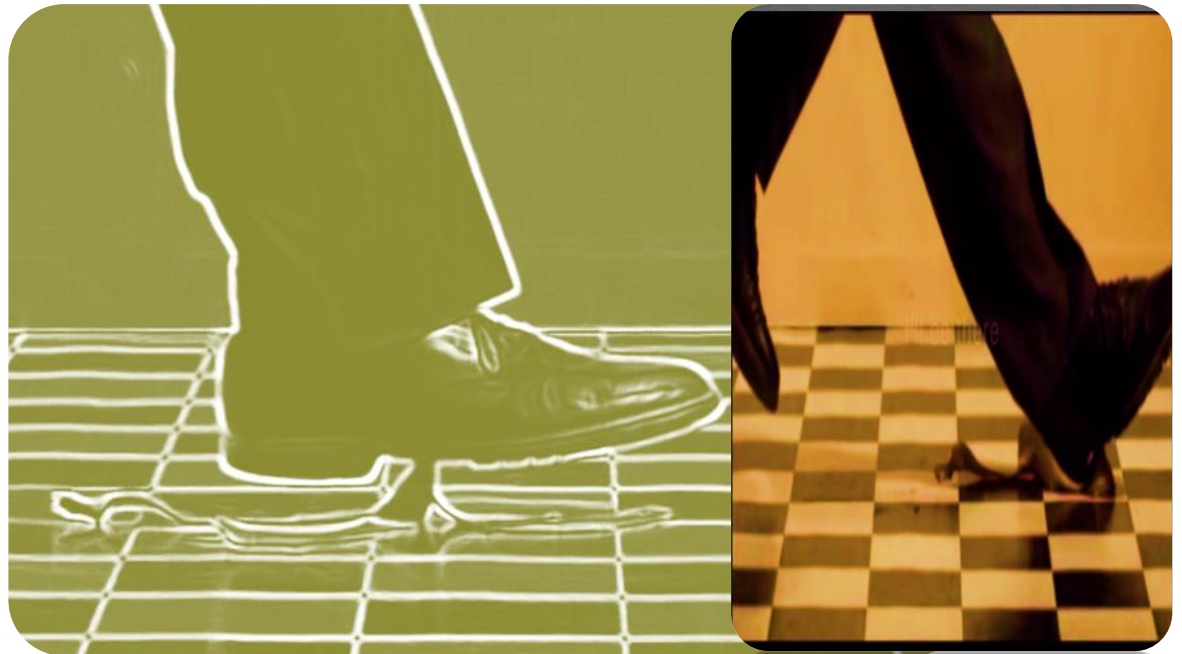
Common Types of Slip Trip and Fall (STF)

- ❑ Sprains, strains
- ❑ Bruises, contusions
- ❑ Fractures
- ❑ Abrasions, lacerations



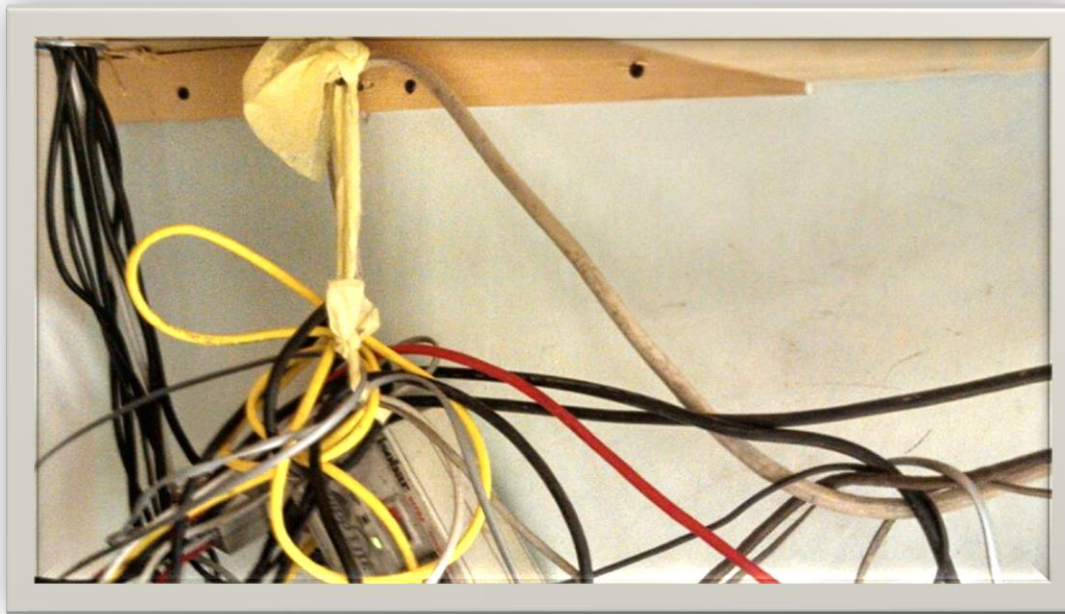
Commonly Affected Body Parts

- ❑ Knee, Ankle, Foot
- ❑ Wrist, Elbow
- ❑ Back
- ❑ Shoulder
- ❑ Hip
- ❑ Head



Why Invest in SLIP TRIP AND FALL Prevention

According to the CDC-NIOSH Workplace Safety & Health: Fall Injuries Prevention in the Workplace online report “fall incidents have been estimated at approximately \$70 billion annually in the United States [[NSC 2002](#)].”



Human Factors Leading to Slip Trip and Fall (S

Health and physical condition

can impair a person's vision, judgment, and balance.

- Eyesight, visual perception
- Age
- Physical state, fatigue
- Stress, illness
- Medications, alcohol, drug

Behaviours –

actions you choose and control can contribute to a slip, trip, and fall injury if you set yourself up for one.

Carrying or moving cumbersome objects, or too many objects, that obstruct your view impair your balance and prevent you from holding onto handrails

Poor housekeeping (allowing clutter to accumulate, not maintaining clean dry floors, etc.)

Using improper cleaning methods

(e.g., incorrectly using wax or polish; or trying to clean up grease spill with water)

Not using signage

when slip or trip hazards exist

Inattentive Behavior: walking, distractions (e.g., using cell phone, talking and not watching where you're going, etc.)

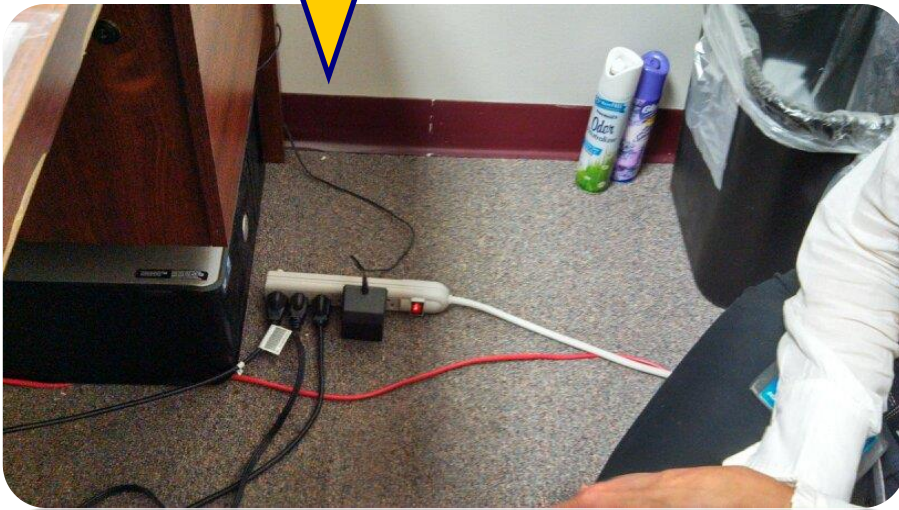
Taking shortcuts:

not using walkways or designated, cleared pathways; being in a hurry, rushing around



Factors Increasing the Risk of Slips, Trips and Falls

Thick wires left in walkways can create tripping hazard



Wire appliances so that their power cords do not stretch across walkways and create a tripping hazard.

- ❖ Wet surfaces
- ❖ Improper footwear
- ❖ Hazardous floors

Clutter



Keep walkways free of clutter

Factors Increasing the Risk of Slip Trip and Fall

Not Paying Attention

Preoccupation



**Improper Method of Carrying Items
down walkway/stairs**



**Report
these
dangers**

Typical
Trip Hazard
BEFORE
correction



ADAAG- 4.5 Ground and Floor Surfaces

The Americans with Disabilities Act (ADA) of 1990 defines a “trip hazard” as any vertical change over 1/4 inch or more at any joint or crack. Since the ADA demands strict compliance, trip hazards can represent a legal liability to the University.

4.5.1* **General**

Since the coefficient of friction on ground and floor surfaces varies considerably due to the presence of contaminants, water, and other factors not under the control of the designer or builder employees must report all such occurrences to prevent injuries to themselves or others.

Reference

<https://www.statereview.com/adaag.htm>

Slip, Trip and Fall Hazard



PROBLEM

Slip: if it is wet outside and the mat is folded back, then the floor is getting wet instead of the mat absorbing the water.

Trip: the mat is folded back and someone could catch their foot on the mat and trip.

Fall: both a wet floor and caught foot could contribute to a fall.

Report this danger!

Accidents are Preventable!

- ❑ Close file cabinet or storage drawers
- ❑ Report cables/wires that cross walkway
- ❑ Keep working areas and walkways well lit and clear
- ❑ Report burned out bulbs
- ❑ Be aware of your surroundings and report any perceived danger



Do Not

1. Prop fire doors open.
2. Store materials in stairwells.
3. Store trash cans in front of doorway.
4. Use cinderblock to prop open the doors.
5. Use chair to block an emergency cut-off valve.
6. Place chairs in dangerous areas. For example, the chair in the picture could represent a struck against hazard.

Someone could sit in the chair, and strike their head on the pipe and valve behind it.

This chair could also encourage smoking in the stairwell.





Can you Identify the Hazard

This slide represents a trip hazard. Here you can see an electrical cord in the middle of the walkway. This cord is plugged into an electrical outlet.

Contact Facilities Management to rearrange the room so that the piece of equipment is close to the outlet or have an additional outlet installed.

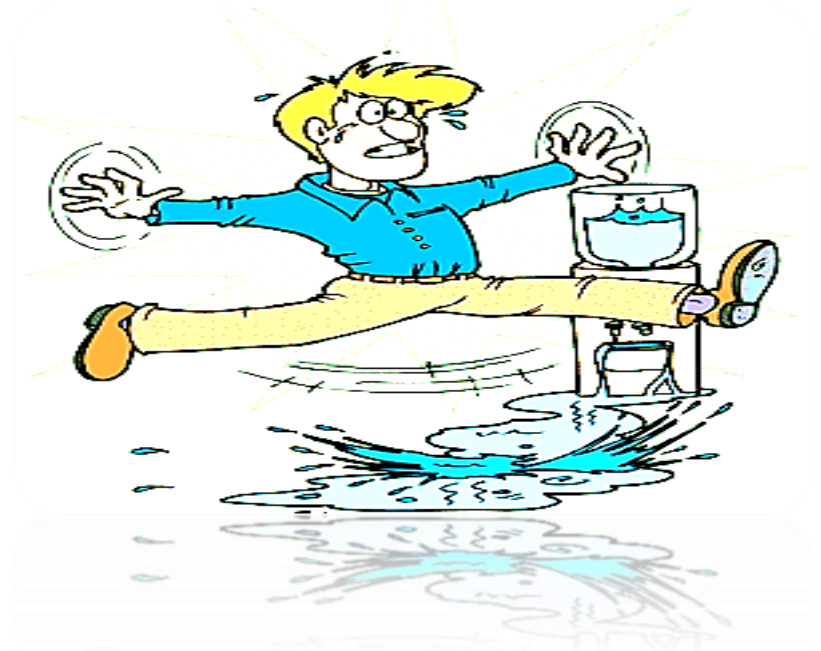
If there is no way to rearrange the room or install a new outlet, then run the cord up the wall across the ceiling and down the wall to prevent the trip and fall hazard.

The last resort would be to tape down the cord or use a cord cover as a means of preventing someone from STF.



Be Mindful of these Other Causes of Injuries

- ❑ Bites
- ❑ Vehicle – cars, golf carts, buses, etc
- ❑ Burns
- ❑ Needles/Scales – sticks, pricks
- ❑ Electrical devise - shocks
- ❑ Falling objects



**CARE MUST BE TAKEN TO PREVENT INJURIES
THAT MEANS YOU!**

Questions



E-Mail: risk@nova.edu

Resources

Nova Southeastern University

Risk Management Office

3301 S University Drive,

Room 226

Fort Lauderdale, FL 33314

Tel: (954) 262-5404 * (954) 262-3814 (fax)

E-Mail: risk@nova.edu

Claims-Handling Entity



Cannon Cochran Management Services, Inc.

PO Box 948399 | Maitland | FL 32794-8399

1-866-291-0194 | 407-660-5600 | Fax: 217-477-6946 |

FICURMAmail@ccmsi.com

References

- WISHA
<http://www.lni.wa.gov/>
- National Floor Safety Institute
<http://www.nfsi.org/>
- American National Standards Institute
<http://www.ansi.org/>
- OSHA
<http://www.osha.gov>
- NIOSH
<http://www.cdc.gov/niosh/homepage.html>
- <http://www.cdc.gov/niosh/topics/falls/#NSC>

Thank You



..... for taking the time to learn about safety and health and how to prevent future injuries and illnesses.

