



How to Avoid Slips, Trips & Falls

Next to traffic accidents, falls kill more people than any other kind of accident. In fact, nearly 6,000 more people die each year away from home as a result of falls on the job or elsewhere. When suffering, medical expenses, lost wages and lost production are considered, falls become costly accidents. At work, most falls are slips or trips at FLOOR LEVEL—not falls from high places.

Avoid “makeshift” step stools like boxes or furniture. Use a stepladder.
Repair or replace worn stair treads or unraveled carpet.
Lower yourself gently from high ground areas such as flatbeds or work stages. Never jump.
Watch lengths of pant hems and cuffs so they don’t catch a heel while walking.



Avoid Slips...

Keep an eye out for hazardous walking conditions, including:

- Hidden steps
- Smooth surfaces
- Wet, icy or oil surfaces
- Loose flooring, carpets or rugs

Avoid Trips...

Keeping your work area neat and orderly can prevent tripping accidents. Keep an eye out for:

- Furniture in high traffic areas
- Items dropped on floors
- Drawers left open
- Electrical cords in open areas
- Objects left on stairways

Avoid Falls...

You can prevent falls by being aware of your environment and removing potential hazards when you see them.

- Ensure there is sufficient lighting in the area.

Know How to Use a Ladder

Falls from ladders can be prevented by following these tips:

- Use a ladder in good condition with safety feet.
- Always face the ladder.
- Remember the 4-to-1 rule. For straight and extension ladders, for each four feet of height, set the base out one foot.
- Do not carry anything in your hands while climbing the ladder. Hoist up what you need.
- Move the ladder if an item is out of your reach. Rule of thumb: If your belt buckle reaches past the uprights, you’ve gone too far.

When it comes to preventing slips, trips and falls—it’s your state of mind in approaching a situation that makes the difference! Falls happen because people don’t expect them. The more falls you anticipate and guard against, the fewer you’ll have.

This information was provided as a courtesy by SCF of Arizona.

Employee Acknowledgment of Safety Information.

Sign below:

Supervisor's Signature

Date Circulated or Meeting Date

