



# MAFES Dawg Tracks

October 1, 2012



*Preventing Injuries from  
Slips, Trips and Falls*



In 1999, over one million people suffered a slip, trip, or fall injury. Over 17,000 Americans died as a result. Each year there is an estimated 3.8 million disabling injuries in the work force: 15% are due to slips, trips, or falls. 12% to 15% of these account for all Workers' Compensation costs. 5, 100 workers died from falls in 1999.

The average direct cost for one disabling injury now approaches \$28,000 - conservative estimates of indirect costs much higher at \$46,000. The cost of death claims from falls has been estimated at \$940,000. Added to this is the trauma caused within families and personal costs. All of these factors are evidence that slips, trips or falls need to be avoided. Most slips, trips or falls are preventable if general precautions and safety measures are taken.

## SLIPS -

A slip occurs when there is too little traction or friction between the shoe and walking surface. Some causes of slips include:

- Wet walking surfaces
- Oil or other slippery debris is on the floor
- Environmental factors (ice, mud, or snow)
- Materials such as scrap metal, wood or cloth on the floor
- Inappropriate soles on footwear
- Poor lighting
- Personal factors such as distraction and/or physical condition.

## TRIPS -

A trip occurs when a person's foot contacts a lower level unexpectedly and they are thrown off balance. Some causes of trips include:

- ✓ Cords or hoses on the floor
- ✓ Uneven or damaged walking surfaces
- ✓ Debris or other materials in left in the walking surfaces
- ✓ Poor lighting

- ✓ Forward view obstructed by materials carried by the person
- ✓ Personal factors (distraction, physical conditions)
- ✓ Unanchored or uneven mats
- ✓ Loose or poor fitting footwear
- ✓ Broken or damaged sidewalks or walkways

## TIPS FOR REDUCING THE POTENTIAL FOR SLIPS, TRIPS, OR FALLS -

- **Practice good housekeeping** – Keep work areas clean and free of spills or debris.
- **Wear proper footwear** – Anticipate environmental conditions (ice, snow, or rain) and the working environment.
- **Change light bulbs as needed** – Report flickering or burned out bulbs to maintain an acceptable lighted work area.
- **Use a flashlight** – If you will be walking through or working in in a dimly lit environment, have your own source of light to help you identify hazardous areas.
- **Be a caution carrier** – Don't carry a load that will obstruct your view while you're walking. Make sure that you have a clear walkway to utilize before picking up large objects.
- **Take your time** – If you anticipate slip or trip hazards, walk with caution and make wide turns at corners.
- **Learn to walk** – Adjust your walking speed and pace that will be suitable for the walking surface. Use rails or other stable objects to help you with your balance. Walk with your feet pointed slightly out, keeping your center of balance under you and use your feet as probes to detect possible slip or trip hazards.
- **Avoid wearing pants with cuffs below your shoes** – Don't wear loose clothing that may cause you to trip, and always keep your shoelaces tied.
- **Walking on uneven surfaces** – Be careful when walking on uneven surfaces or rough outdoor terrain.

**YOU FALL, YOU CALL, WE HAUL,  
AND THAT'S ALL!!**

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**ALERT TODAY ---- ALIVE TOMORROW**

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Excerpts' [www.nasdonline.org](http://www.nasdonline.org)  
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