Prevention of Slips and Falls

Slips, trips, and falls are among the leading types of accidents for many businesses. They can account for many general liability claims and the majority of workers compensation costs. Slips are primarily caused by a slippery surface and can be compounded by wearing the wrong footwear. While these types of accidents are common, they can be prevented through training, good housekeeping, signage, and care. The following tips will help your organization prevent these common injuries.

General Tips:

- Floors are free from standing water, grease, or dirt build-up
- Floors, walkways, stairways, and exits are clear at all times
- Floor mats fit smoothly to floor without protruding edges
- Repairs on all leaking pipes, water fountains, coolers, or any other object releasing liquid are made promptly
- Spills are cleared immediately
- Loose tiles and other flooring problems are promptly corrected
- Lights are clean and functioning
- Railings, handrails, and permanent ladders are inspected regularly
- Trash is removed promptly
- Walkways, sidewalks, and parking lot areas are cleared from snow and ice
- Entryway is clean with mats out during wet seasons or periods
- Warning signs are posted in "wet" areas such as shower and pool areas
- Cords, cables, and hoses are kept above floor level or secured
- Flooring materials are appropriate for activity
- Running is limited to appropriate program activities
- Equipment in the gymnasium (bleachers, volleyball standards, etc.) is stored and organized

- Pool decks are free from clutter
- Floors and walkways are well-maintained during inclement weather

Staff Injury Prevention:

- Be on the lookout for unsafe conditions which may lead to slips and falls
- Watch out for foreign substances on the floor
- Clean footwear thoroughly when entering the building
- Use handrails on stairs or ramps
- Ask for help when a load is heavy or bulky, or use the elevator
- Practice ladder safety
- Remember safe lifting techniques
- Remember safety and accident prevention is everyone's job

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