

3. Slips, Trips and Falls (#1)

“If it’s not safe – don’t do it”

Slips trips and falls are one of the most common causes of injuries for workers that result in time off work.



Things to be aware of include;

- Uneven surfaces
- Spillages of liquids
- Weather conditions
- Damaged flooring including stairs
- Poor storage and obstructed views which can cause people to trip over boxes, packages cables and equipment.



Serious slips, trips or falls can result in time off work and a lot of discomfort for you, these include:



- Sprains and strains,
- Broken and fractured bones
- Back injury
- Musculoskeletal injuries
- Burns (from chemicals and hot liquids)
- Cuts, lacerations, and falling onto sharp objects



What can you do ? the first thing is to eliminate the risk if you possibly can. If you can't do this then you have to think of ways to minimise the risk, which requires you to:



- ✓ Keep your workplace clean and tidy
- ✓ Remove tripping hazards such as turned up carpet edges, and trailing electrical cables.
- ✓ Repair frayed and worn carpets
- ✓ Clean up spillages immediately, use signage if appropriate to warn of spillage
- ✓ Repair damaged flooring
- ✓ Always be aware of your surroundings
- ✓ Be aware of changes in level, steps, kerbs, holes and take appropriate action.
- ✓ Ensure paths, walkways, corridors and other areas have good lighting
- ✓ Be aware of ice, snow, wet areas and dress appropriately for the conditions
- ✓ If you are carrying boxes or bags – always watch where you are going and have a clear view ahead.
- ✓ If you are moving furniture, boxes or packages – plan ahead and know your route.



Tell your manager or supervisor if the hazards cannot be removed or controlled by you.