

# 2024-08-05 TBT Slips Trips and Falls OH MY!

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Slips, trips and falls are a common reason for many of the injuries in workplaces. They can cause minor injuries but can also lead to serious, long-term injuries. Many slip, trips and falls are avoidable and there are usually easy solutions a workplace can apply to control the risk, either by eliminating or minimizing it. It could be as simple as cleaning up a spillage straight away, or moving a cord on a walkway which can prevent injuries from occurring.

Why discuss this?

Prevent unnecessary injury from slip, trips and falls by improving awareness and training

Fewer injuries mean higher productivity

Makes sure workers know what to look for and what to do about it to reduce the risk of an injury occurring

What to watch out for that are common causes of slip, trips and falls?

Poor housekeeping & messy sites

Poor lighting

Uneven walking surfaces

Clutter on site

Uncovered cords and cables

Weather conditions (e.g. rain, ice, dust)

Obstructed views

Unsuitable footwear

Distractions (e.g. cell phone, other workers)

What can you do to help prevent slips, trips and falls occurring?

Keeping work areas clear & tidy from clutter, obstructions and rubbish

Any waste placed in designated bins

Clean up any leaks or spills immediately

Put tools and equipment away

Wear suitable footwear (e.g. grippy, anti-slip)

Ensure work areas are well lit and sufficient light for work

Keep cords and cables out of walkways, covered or secured

Be aware of your surroundings and focus on what you are doing

Work to the weather conditions

What if a slip, trip or fall occurs or nearly occurs?

Report all slip, trip and fall accidents and near misses, with or without injury, this will help identify the hazards and implement control measures to prevent reoccurrence

Key takeaways:

Simply cleaning up your work area as you go, can help reduce slip, trips and falls

Make sure you are always aware of your surroundings and look where you are walking

If you see a hazard that has the potential to cause a slip, trip or fall then pick it up or x it – don't wait for someone else to do it. Do it yourself!

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