

Slips, Trips and Falls



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 minimising it. It could be as simple as cleaning up a spillage straight away, or moving a cord off a walkway which can prevent injuries from occurring.

Reasons for having a Slips, Trips, and Falls Toolbox Talk?

- Prevent unnecessary injury from slip, trips and falls by improving awareness and Training
- Fewer injuries means 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 fix it – don't wait for someone else to do it. Do it yourself!

