

Safety First

Presented by: Disability Options Network

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SAFETY COMMITTEE

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Please contact anyone on the committee with any safety questions.

March's Topic: **SLIPS, TRIPS AND FALLS: Why prevention is so important.**

Falls are the second leading cause of Accidental Death! In order to prevent falls we must first understand how fall accidents happen. Identify the trouble areas and eliminate or minimize the hazards of falling, 60% of falls happen on the same level while the other 40% of falls are from a height.

Lets begin by identifying *Slips...*

Slips happen where there is too little friction or traction between the footwear and the walking surface.

Some common causes of slips are:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose or unanchored rugs (throw rugs)
- Flooring or other walking surfaces that do not have the same degree of traction in all areas
- Poor tread on shoes



March's Topic: Slips, Trips and Falls Continued

Next let's discuss *Trips*...

Trips happen when your foot collides with an object causing you to lose your balance and eventually fall.

Some common causes of Trips are:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting (throw rugs)
- Uncovered cables
- Bottom drawers not being closed
- Uneven walking surfaces (ie. steps, thresholds)

a slip... a trip... a fall....



Both slips and trips result from some kind of unintended or unexpected change in the contact between the feet and the ground or walking surface.

The following bullet points are critical in preventing fall accidents.

- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of walking

Some ways to prevent slips and trips that may lead to falls are:

- Take your time and pay attention to where you are going
- Make wide turns at corners
- Always use installed light sources that provide sufficient light for your tasks.
- Use a flashlight if you enter a dark room
- Ensure that the things you are carrying or pushing do not prevent you from seeing any obstructions.