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.

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 sure you are wearing the proper shoes for the job.
- Always use installed light sources that provide sufficient light for your tasks.
- Make sure your path is clear of rugs, cords or any other obstructions.
- Ensure that the things you are carrying or pushing do not prevent you from seeing any obstructions.

Some ideas to help with slips and falls are grips for your shoes. You can find snow/ice grips for your shoes on Amazon.com. You can also find dress shoe grips at Walmart.com.
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

**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

**Identifying 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
- Uneven walking surfaces (ie. steps, thresholds)