

Date: _____

Supervisor/Department: _____

SLIPS, TRIPS, & FALLS

Actsafes's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information with more experienced workers.

Slips, Trips, & Falls

Workers are injured on the job from slips, trips, and falls every year. Slips happen when you don't have enough traction or friction between your footwear and the surface you are walking on. Besides being a huge financial loss, these injuries can cause people pain, suffering, and death.

Causes of most slips, trips, and falls

- Greasy, wet, slippery, or dirty surfaces such as:
 - Frost, snow, or ice
 - Freshly waxed flooring
 - Oil or spills of any kind
 - Water or wetness, such as wet mud
 - Smooth, cold surfaces (eg, cold metal stairs)
- Improper footwear
- Contact with projecting objects
- Cuts or punctures on nails, wire, strapping, or packaging
- Wrinkled rugs or carpet
- Uneven steps, entrances, or slopes
- Materials, tools, or clutter on the ground or floor
- Wires and cables

Contributing factors to slips, trips, and falls

Housekeeping:

Poor housekeeping can cause slips, trips, and falls. Ensure work areas are kept neat and tidy.

Mental Conditions:

Mental impairment from fatigue, drinking alcohol or taking drugs—either illegal drugs or some over-the-counter medications, can increase the likelihood that you will slip, trip, or fall by reducing your ability to notice and react to hazards.

Physical Conditions:

Keeping in good physical condition can mean quicker reflexes and limber, toned muscles can help you keep or recover your balance. And if you fall, being in good condition will help you recover faster. Basic stretching for mobility and flexibility can help protect you from injury.

Attendees (attach Sign-in Sheet if needed):

Name	Initials	Name	Initials
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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