



General Slip, Trip, and Fall Prevention



<https://unsplash.com/photos/88LNB7QuiQo>

Slip, Trip, and Fall (STFs) injuries are among the most common causative factors that lead to injuries and death, both off and on the job.

This week's special emphasis will highlight the simplest common causes of STFs. They can be found in the column to the right.

You can use this list to help create a STF free environment.

We at the Office of Workers' Compensation and Loss Control Innovations hope this week's topic will help you to reduce or eliminate STFs at home and at work.

If you have any questions, please don't hesitate to reach out to the OWC Risk Management team directly.

- Secure loose rugs
- Use cable protectors
- Ensure walkways are free of clutter
- Ensure walkways are dry
- Immediately clean up spills
- Use handrails when ascending and descending stairs
- Keep shoes in proper repair
- Replace lights as soon as needed
- Use ladders and stepstools correctly
- Never use a damaged ladder
- Keep pets under control
- Ensure employees walk on approved walkways
- Never walk on ice and snow if not necessary
- Clean up spills immediately

Can you think of anything else?

NEED MORE INFO?

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Slip, Trip, and Fall Awareness At Home



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The long holiday weekend is approaching we would like to use this special emphasis to review STFs at home.

Most slip, trip, and fall (STF) injuries occur at home, with the elderly being the most affected group.

It is important to ensure your home is “fall protected.”

We have identified a number of ways that, if followed, will greatly reduce or eliminate STFs in your home.

Check out the list located in the column on the right.

If you have any questions, please, don't hesitate to contact our OWC Risk Management Team for assistance.

- **Make a mobility plan for elderly members. Discuss it with your doctor**
- **Ensure floors are free of clutter**
- **Ensure walkways are free of cords**
- **Use hand and guardrails**
- **Never stand on chairs**
- **Wear sensible footwear**
- **Properly arrange furniture to create open pathways**
- **Maintain good lighting indoors and out**
- **Use ladders correctly**
- **Use ladders on solid and level surfaces**
- **Keep all home working surfaces clear and free of obstructions**

Can you think of anything else?

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Slips, Trips, and Falls On Same Level



<https://unsplash.com/photos/EEuhAoVpGDk>

You would think that most slip, trip, and fall (STF) injuries occur either on stairways or sloping surfaces. The truth to the matter is most falls occur on a level surface.

Walking is a natural, usually, non-thought process and for bipedal humans, becoming unbalanced, and falling is a widespread problem.

This is especially true when we turn as to walk into a doorway or around a corner.

The column on the right list some preventive strategies to help us avoid the untimely fall.

If you have any questions, please don't hesitate to reach out to the OWC Risk Management team directly.

- Ensure floors are free of clutter and spills
- If necessary, mark spills
- Wear appropriate shoes with good soles
- Avoid flip flops and high-heeled shoes
- Pay attention to your walking path and your surroundings, especially when taking turns
- Ensure flooring has the same degree of traction throughout the walkway
- Slow down your pace

Can you think of any others?

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Slips, Trips, and Falls On Different Levels



<https://unsplash.com/photos/53bht9urH1A>

It is especially true that you need to pay attention when walking on surfaces that have different levels.

Different levels include stairs, uneven surfaces, slopes, and even stepladders and extension ladders.

Even when we pay extra attention to uneven walking surfaces, we may still fall. So be sure to follow the tips listed on the right.

If you have any questions, please don't hesitate to reach out to the OWC Risk Management team directly.

- Avoid walking on stairs with loose carpet or clutter
- Use hand and guardrails
- If using a ladder on uneven surfaces, ensure the ladder is designed to be used on uneven surfaces
- Wear appropriate footwear, avoid flip flops and high heels
- Ensure uneven surfaces are free of snow, ice, and water
- Stay alert of the walking surface including surface changes
- Avoid carrying objects while using stairs

Can you think of any others?

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