

Slips

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- wet or oily surfaces
- occasional spills
- weather hazards
- loose, unanchored rugs or mats
- flooring or other walking surfaces that do not have same degree of traction in all areas

Trips

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common causes of tripping are:

- obstructed view
- poor lighting
- clutter in your way
- wrinkled carpeting
- uncovered cables
- bottom drawers not being closed
- uneven (steps, thresholds) walking surfaces

Slips, Trips and Falls Prevention Tips

Keep yourself safe and protected from falls by following these simple safety steps:

- **Tread Lightly** – Make sure your shoes have good tread
- **Know Your A-B-C's** – Always **Be Careful** – be aware of your surroundings and any changes to them
- **20-20** – Have your vision checked and wear any needed contacts or eyeglasses
- **Listen Up** – In many instances, hearing can be just as important as seeing
- **Read the Fine Print** – Make sure you read and follow any instructions when using ladders or other equipment
- **Slow Down** – When there's inclement weather, take extra precaution – walk slower and be on your guard

Prevention

- Wear Proper Foot Gear
- Take smaller steps when walking
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- Use handrails from start to finish
- Avoid carrying loads
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them
- Step-don't jump from vehicles or equipment
- Keep walkways clear of debris, water, ice and slippery materials

Safe Winter Walking

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite. Avoid plastic or leather soles
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice; try to travel along its grassy edge for traction

When given no choice but to walk on ice, consider the following:

- Take short steps or shuffle for stability
- Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
- Be prepared to fall
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.
- When entering buildings, remove snow and water from footwear to prevent wet slippery conditions indoors.