

# Slips, Trips and Falls

## Overview

This document covers the causes and prevention of slips, trips and falls.

### Why do they occur?

- 1) Most injuries from slips, trips and falls occur because of poor housekeeping.
- 2) Many items left on the ground (such as coiled cables, hand tools and lengths of pipe or timber), will trip someone if not moved to a safe position.
- 3) Spilt substances (such as oils and greases) will form a slip hazard if not immediately cleaned up.
- 4) General debris (such as brick and block fragments) can quickly accumulate and form a tripping hazard.
- 5) Trailing cables are another frequent cause of tripping.
- 6) Mud left on the rungs of a ladder will be a slipping and falling hazard for the next person.
- 7) Reduced levels of natural light (for example, during winter afternoons) can easily increase the tripping hazards if adequate access lighting is not provided. Tools, equipment and materials that are visible in full daylight might be hidden in semi-darkness.

### What you must do

- 1) Clear up waste materials as you create them. Lightweight waste should be bagged or bundled, and nails removed from waste timber.
- 2) Work in a tidy manner: do not leave tools, equipment or unused materials lying about on the floor.
- 3) If you are using substances that could spill, ensure that you have a means of effectively clearing up the spillage.
- 4) As far as possible, route cables for power tools above head height. If cables have to be routed at floor level, try to avoid crossing pedestrian walkways.
- 5) If the site is muddy, scrape mud off your boots before climbing ladders or walking anywhere else where it might be a danger to others.
- 6) Be aware of the increased risks of tripping as the level of natural light fades; ensure that all tools, equipment and materials are stored in a safe location.
- 7) Tell your supervisor if you do not have the means available to clear up and dispose of the waste you create.

### Health and safety

Always make sure you always clean your area of work before and after you have finished working and especially during work when you have finished using equipment

Make sure you're cleaning up especially because most slips, trips and falls occur because of bad house keeping. Do not leave anything lying around on the floor even if you're not using it at that time just think about the people around you especially if you're working out in public think of the public they could get hurt.

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Feedback arising from Talk



Trinity  
Safety