CALIFORNIA SCHOOLS
RISK MANAGEMENT

SAFETY MATTERS
RISK MANAGEMENT NEWSLETTER

- What Causes Slips, Trips, and Falls?
- What Types of Injuries Can Occur?
- What Can Employers and Employees Do?

PREVENTING SLIPS, TRIPS, AND FALLS
WHAT CAN I DO TO KEEP MYSELF AND OTHERS SAFE?

OBJECTIVE   To inform all staff members about what causes slips, trips, and falls—along with ways to prevent them from happening.
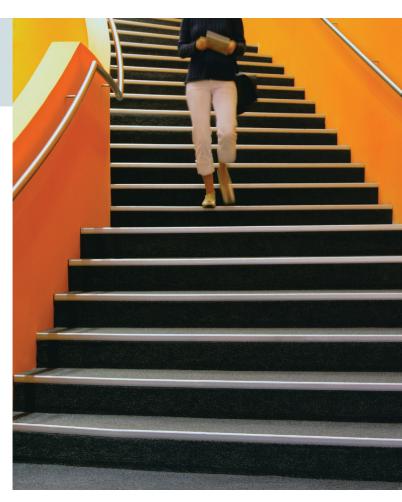
WHAT CAUSES SLIPS, TRIPS, AND FALLS?

Both slips and trips can result in falls and injuries.

Slips can occur when floors or other working surfaces are made slippery due to wet or oily processes, floor cleaning, and leaks, or from debris left in walkways.

Trips can occur due to uneven floor or working surfaces, protruding nails and boards, stretched carpet or bunched floor mats originally intended to help prevent slipping, holes or depressions in working surfaces, materials left in walkways, and step-risers on stairs that are not uniform in height, or computer/phone cords that are not tied down or tucked back around desks.

Trips can occur from computer/phone cords that are not tied down or tucked back around desks.

Inattention while walking, such as cellphone use, or inattention to surface conditions increase the likelihood of an injury. Walking while distracted should be avoided.

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WHAT TYPES OF INJURIES CAN OCCUR?

According to OSHA, slips, trips, and falls constitute most general industry accidents and result in back injuries, strains and sprains, contusions, potentially serious fractures, and even hospitalizations.[1,2,3] OSHA maintains general industry regulations on walking/working surfaces that guard against hazards including clutter, protruding objects, and wet conditions. These hazards can harm everyone in a workplace, regardless of title or job responsibilities.

WHAT CAN EMPLOYERS AND EMPLOYEES DO TO PREVENT SLIPS, TRIPS, AND FALLS IN THE WORKPLACE?

- Clean up floors and working surfaces promptly when they become wet.
- Use no-skid waxes and surfaces coated with grit to create nonslip surfaces in slippery areas such as toilet and shower areas.
- Use slip-resistant footwear.
- Where there are wet or oily processes, maintain drainage and provide false floors, platforms, nonslip mats or floor surfaces, or other dry standing places where practicable.
- Use prudent housekeeping procedures such as cleaning only one side of a passageway at a time to avoid obstruction of egress pathways.
- Provide warning signs for wet floor areas.
- Provide floor plugs for equipment, so power cords need not run across pathways.
- Temporary electrical cords that cross aisles must be taped or anchored to the floor.

SLIPS, TRIPS, AND FALLS RESULT IN 15% OF ALL ACCIDENTAL DEATHS AND ARE SECOND ONLY TO MOTOR VEHICLES AS A CAUSE OF FATALITIES.

- Aisles and passageways should be sufficiently wide (36") for easy movement and should be kept clear at all times.
- Frequent inspections and observations can help you identify and correct unsafe conditions. Call your California Schools JPA Risk Manager for assistance with a school site inspection.

RESOURCES

Slips, Trips, & Falls handout

EHS Today: 5 Tips to Prevent Slips, Trips and Falls

National Safety Council

REFERENCES

1. **29 CFR 1910: 22**

2. California Occupational Safety and Health Administration (Cal/OSHA), Title 8, California Code of Regulations (CCR), General Industry Safety Orders (GISO), Section 3273, Working Area.

3. California Occupational Safety and Health Administration (Cal/OSHA), Title 8, California Code of Regulations (CCR), General Industry Safety Orders (GISO), Section 3317, Illumination.

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SIGN-IN SHEET

PREVENTING SLIPS, TRIPS, AND FALLS

Facilitator: _____ Facilitator's Signature: _____

Date: _____ Organization: _____ Department: _____

Participants:

Name: _____	Signature: _____
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