



SLIP, TRIP, AND FALL

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Slips, trips and falls are the leading cause of workplace injuries. Slips occur when there is not enough traction between the footwear and walking surface. Trips happen when the foot hits an object, causing a loss of balance. Falls are the results of a slip or trip. Reduce the risk of slips, trips and falls with the following preventative measures.

Obstructions: Debris, materials, cords and tools left in walkways can cause trips.

- Tools and materials should be put away when not in use.
- Secure cables off the floor and route under the desk.
- Keep walkways and aisles clear of obstacles. Cover cords that cross walkways.
- Secure electrical cords and wires away from walkways.
- Close drawers completely after every use.
- Keep the stairs clear of obstructions.
- Step over or around obstructions, not on them.

Structural Issues: Poor lighting can make it hard to see hazards, increasing the risk of falls, while uneven surfaces can cause trips.

- Stay away from leading edges and opening on walking surfaces. Look out for potholes, broken concrete, manholes, uncovered drains, uneven surfaces and similar hazards.
- Clearly mark changes in floor level and edge of steps.
- Fix loose/missing tiles, warped flooring and loose/damage carpeting.
- Ensure adequate lighting in indoor and outdoor walkways. Replace burnt out light bulbs.
- Stair treads, including front edges, should have non-slip surfaces. Repair worn or broken treads promptly.
- Ensure handrails are secured and provide sturdy, continuous, and graspable surface.

Environmental factors: Rain, snow, and ice can make surfaces slippery both indoors and outdoors. Spills and leaks in the workplace can also lead to slip accidents.

- Clean up spills and leaks immediately. Use the appropriate absorbent materials.
- Cleaning areas should be blocked off and clearly marked.
- Keep entryways dry and place mats to make the floors less slippery.

Human Factors: Distractions such as cell phone use and multitasking, along with improper footwear and unsafe behaviors, divert attention from walking and reduce the ability to recognize potential hazards.

- Walk, do not run. Change directions slowly.
- Wear shoes with non-skid shoes and flat heels.
- Walk slowly, sliding your feet, on wet, slippery or uneven surfaces.
- Be careful of loose clothing that you can trip over.
- Walk with your hands at your side, not in your pockets, for balance.
- Don't tilt your chair back; keep all the legs on the floor. Avoid excessive bending and twisting while seated.
- Watch where the chair is when you sit down.
- Use a step stool, and not a box or chair, to reach high places.
- Don't carry or push loads that block your vision.
- Walk on stairways. Use handrails when going up or down the stairs.
- Avoid distractions like using mobile devices and wearing headphones while walking.
- No horseplay.
- Pay attention to what you are doing and where you are going.
- Immediately report any slip, trip or fall hazards to your supervisor or facility manager. Do not depend on someone else to do it.