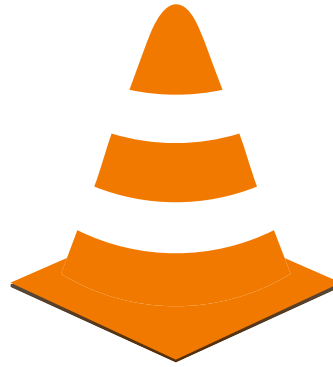A slip occurs when there is too little traction or friction between the shoe and walking surface.

A trip occurs when a person's foot contacts an object in their way or drops to a lower level unexpectedly, causing them to be thrown off-balance.

A fall occurs when you are too far off balance.

Preventing Slips, Trips & Falls

Hierarchy of controls	Examples
Eliminate the hazard	Remove slip and trip hazards at the design stage such as eliminating changes in floor levels; installing more power outlets through the floor and ceiling to avoid trailing cords.
Substitution	Resurface floors.
Isolation	Limit access to high risk areas.
Minimise risk by redesign (engineering means)	Apply floor treatments to increase slip resistance; improve lighting; stop leaks from equipment or pipes; provide adequate drainage to prevent pooling of contaminants; clearly mark edges of steps and any changes in floor height.
Administrative controls	Implement good housekeeping practices such as clear access ways; prompt spills management; use of signage or barricades for wet or slippery areas; training and supervision.
Personal protective equipment	Wear suitable footwear.

Footwear

Wearing the right footwear for your work environment will help prevent or reduce slip, trip, and fall incidences.

- Footwear should fit snugly and comfortably.
- Keep your footwear clean and in good condition at all times.
- Inspect regularly for any damage; repair or replace worn or defective footwear.
- Replace shoes or replace soles before they become worn smooth.

Pay Attention

- Pay attention to your surroundings
- Look where you are going when you walk
- Do not engage in activities that distract your attention
- Do not read, write, text, or dial while you are walking

Entering/Exiting Equipment Safely

Maintain **three-point contact** at all times while getting onto/off of the equipment until reaching ground, cab, or stable

Step down or up carefully while facing equipment.

Do not jump off when entering/exiting bed of a truck or other part of the equipment.

House Keeping

Costs of Poor Housekeeping

- Slips, trips, and falls
- Fires
- Chemical and machine accidents
- Injuries from electrical problems
- Collisions and falling objects
- Health problems

AN UNTIDY WORKPLACE

IS A DANGEROUS WORKPLACE