Every year about 1 million people have a slip and fall accident at work. In 2005, 13% of workplace fatalities were slip and fall accidents. Like many other workplaces, UCSF sees its share of these injuries. In 2008, 10% of UCSF workplace injuries were related to slipping, tripping or falling incidents.

A **slip** is a loss of balance caused by too little friction between a person’s foot and a walking surface. Common causes:

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats, and
- Flooring or other walking surfaces that are worn.

A **trip** occurs when you hit an obstruction, lose your balance and fall to the floor. Common Causes:

- Obstructed view
- Poor lighting
- Clutter in your way
- Wrinkled carpeting
- Uncovered cables
- Drawers not being closed
- Uneven walking surfaces (steps, thresholds)
A fall occurs when you lose your balance and drop to the floor. There are three types of falls:

- Falls on the same level
  - a slip or trip immediately precedes fall to floor or walkway
- Falls to lower level
  - a person falls from platform dock, ladders, steps, or stairs
- Jumps to lower level
  - A person intentionally jumps from one level to another

Here are some suggestions for preventing slips, trips, or falls:

**Practice good housekeeping**

- Clean up spills immediately.
- Mark spills and wet areas.
- Mop or sweep debris from floor.
- Remove obstacles from walkways.
- Keep walkways free of clutter.
- Secure mats, rugs and carpets.

**Monitor the quality of walking surfaces (flooring)**

- Recoat or replace floors.
- Install mats.
- Pressure-sensitive abrasive strips.
- Abrasive-filled paint-on coating.
- Install metal or synthetic decking.

**Select proper footwear**

- Ensure proper fit and comfort.
- Select footwear with non-lip soles.

**Maintain an appropriate work pace**

- Watch where you are walking and do not hurry.
- Be careful on stairs and other uneven surfaces.
- Take care when carrying or pushing objects.
- Be aware of obstructions, spills, or objects lying on the floor.

**Install good lighting**

If you need to report a hazard, tell your supervisor or your Department Safety Adviser and FAX this form- “Employee Safety Suggestion/Hazard Report”.