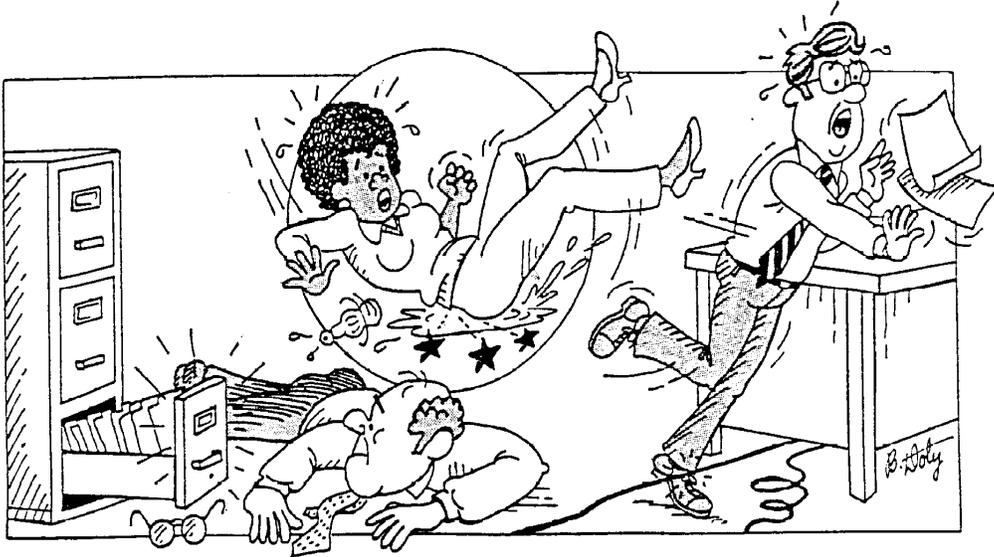


SLIPS, TRIPS AND FALLS



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 work place injuries were related it 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-slip 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”](#).