

# FactSheet

# Slip, Trip, and Fall Prevention

**S**lips, trips, and falls account for a majority of general industry accidents. These accidents often cause lasting problems with daily activities, while 15% of these accidents are fatal. These incidents can be prevented through knowledge of common risk factors and the maintenance of a clean, safe work environment.

## STEP 1: Be aware of the common risk factors for these injuries.

• Doorways	• Unsecured cables/cords in walkways
• Ramps	• Unguarded heights
• Cluttered hallways	• Unstable work surfaces
• Uneven surfaces	• Unsecured mats
• Areas prone to wetness or spills	• Smoke, steam, or dust obscuring your view
• Poor lighting	• Ladders
• Inattention to detail	• Stairs

### What I need to do...

Notify my supervisor if or when I:

- Have problems walking or moving around.
- Experience frequent disorientation.
- Have vision problems that could prevent me from seeing hazards.
- Take medications that can cause dizziness.

## STEP 2: Follow these tips to prevent slips, trips, and falls, and resultant injury.

1. Clean up spills immediately.	8. Remove tripping hazards from stairs and walkways.
2. Stay off freshly mopped floors.	9. Keep frequently used items in easily reachable areas.
3. Secure any cords out of walkways.	10. Check walkways and steps for obstructions.
4. Use non-skid mats for slippery surfaces.	11. Do not text while walking.
5. Adjust gutter downspouts to drive water away from pathways.	12. When using a ladder, always have at least three points of contact with the ladder.
6. Wear shoes with good support and slip-resistant soles appropriate for the job task.	13. Never stand on chair, table, or other surface on wheels.
7. Ensure adequate lighting in work areas and hallways.	14. Keep drawers/cabinet doors closed when not in use.



Inspect work areas monthly to identify hazards that could cause slips, trips, or falls. It is important that the indicated problems are addressed immediately.

### References

National Safety Council: Slips, Trips, and Falls  
[http://www.nsc.org/NSCDocuments\\_Advocacy/Fact%20Sheets/Slips-Trips-and-Falls.pdf](http://www.nsc.org/NSCDocuments_Advocacy/Fact%20Sheets/Slips-Trips-and-Falls.pdf)

OSHA Safety & Health Topics: Walking/Working Surfaces  
<https://www.osha.gov/SLTC/walkingworkingsurfaces/index.html>

For more information on slip, trip, and fall prevention, contact the Office of Environmental Health & Safety at [injuryprevention@usc.edu](mailto:injuryprevention@usc.edu) or (323) 442-2200.