

Slips, Trips and Falls

Slips, trips and falls are the single most common cause of major injury at work and 20,070 people were injured in 2018/19 – representing 29% of all the non-fatal injuries reported to the Health and Safety Executive (HSE). In addition, they caused 2 deaths.

- **Slip:** a slip occurs when the foot loses its grip on the walking surface.
- **Trip:** a person may trip when an obstruction is put in their path whilst they are walking or running.
- **Fall:** a fall is a result of losing one's balance (e.g. as a result of a slip, trip or falling into, or off something).

Main causes of slips:

- wet or dusty floors
- lack of concentration, e.g. using a mobile phone when walking
- spillages
- items left lying on floors
- loose floor coverings on slippery floors
- poor lighting
- wet or icy conditions
- unsuitable footwear
- poor floor cleaning arrangements
- unsuitable or poorly selected floor coverings.



Main causes of trips:

- loose or damaged flooring materials or coverings
- sloping or uneven floors
- changes in floor levels, e.g. steps
- obstructions on the floor
- cables or trailing leads across walkways
- poor housekeeping
- poor lighting
- unsuitable footwear.

Legislation and resources

- Health and Safety at Work etc Act 1974
- INDG225: Preventing Slips and Trips at Work
- Management of Health and Safety at Work Regulations 1999
- Slips and Trips eLearning Package (HSE)
- Slips and Trips Hazard Spotting Checklist (HSE)
- Workplace (Health, Safety and Welfare) Regulations 1992.

Preventing slips, trips and falls:

- concentrate when walking – look where you are going
- regularly check the workplace for slip, trip and fall hazards
- keep the workplace clean, tidy and clear of obstructions
- mop up spillages
- properly maintain buildings and equipment
- hold on to handrails when using stairs
- do not run
- wear sensible footwear
- immediately report or deal with any slip or trip hazards. **See it; Sort it and Report it.**

