

# Preventing SLIPS, TRIPS & FALLS

Slips and trips are the most common cause of workplace injuries, accounting for nearly 40% of all major incidents. However, most can be easily prevented by staying aware of hazards and following a few simple steps.

Whether it's cleaning up spills, managing cables, or wearing the right footwear, every small effort adds up to a safer environment for everyone.

Leaders play a key role in managing risks, but **safety is a team effort**.  
If you see a hazard, take action or report it - it's that simple.

## SPILLS

Spills, leaks, and water can make floors and walkways (especially smooth or tiled ones) slippery and dangerous.



- Clean up spills immediately using the right cleaning methods and equipment.
- If the area is still wet after cleaning, put up warning signs to alert others.
- Use travel mugs (with lid) instead of white porcelain mugs, open cans or cups when moving around.

## CABLES

Loose or trailing cables are major trip hazards, especially in busy walkways.



- Keep cables out of walking areas whenever possible
- Use cable covers or trunking to keep them secure and flat.

## OBSTRUCTIONS

Objects like office furniture, tools, or deliveries left in walkways can cause trips.



- Keep work areas tidy and free from clutter at all times.
- If something can't be moved, highlight it with signs or barriers or report to line manager or through the observation system

## FLOORING

Uneven, worn, or slippery floors increase the risk of falls.



- Report any damaged flooring as soon as possible
- Use anti-slip materials in areas that get wet or slippery
- Mark uneven surfaces or steps to make them more visible

## FOOTWEAR

Your choice of footwear can be crucial in avoiding slips and trips. If special footwear is needed to ensure the safety of employees, the employer has to provide it.



- Wear appropriate footwear provided and ensure it is in good condition. Replace if required.

## LIGHTING

Good lighting helps people see hazards. Glare or reflections can make things harder to spot.



- Report and replace broken lights.
- Keep lighting clean.
- Add extra lights to dim areas if necessary
- Use blinds or adjust lights to reduce glare.

## TAKING CARE

Rushing, carrying large objects that block your view, or being distracted (like using a phone while walking) increases the risk of accidents.



- Before carrying a large object, refer to Manual Handling procedure
- Walk, don't run
- Stay focused - avoid distractions when moving around.

## SNOW & ICE

Winter weather (snow, ice, wet leaves) makes surfaces slippery and can hide other hazards.



- Regularly clear away snow, ice and leaves.
- Use grit or salt on slippery areas.
- Put up warning signs or cones to alert people to danger.

**Stay alert, watch your step, don't be complacent - prevent slips, trips, and falls!**