

# Understanding slips, trips and falls in the workplace



Slips and trips are some of the biggest causes of serious accidents at work. In fact, between 2018 and 2019, slips and trips accounted for almost a **third** of all major injuries.

## DID YOU KNOW?

Every year, around  
**10,000**  
people suffer a **major slip or trip injury whilst at work.**



Slips and trips account for more major injuries per year than manual handling and falls from height combined.

On average, **broken bones** account for  
**90%**  
of the major injuries caused by a slip or a trip.



## WHAT COMMON FACTORS CONTRIBUTE TO SLIPS, TRIPS AND FALLS?



### CONTAMINATION

In almost all slip incidents, there is some form of contamination on the floor surfaces.

**Wet floors after cleaning**  
**Food storage and preparation**  
**Spillages**  
**Leaks**  
**Entrances in bad weather**



### HUMAN FACTORS

The ways in which we think, act and behave are contributors.

**Communication**  
**Fatigue**  
**Capability**  
**Behaviour**  
**Perception**  
**Personality**



### ENVIRONMENT

Elements of internal and external environments can be contributors, including:

**Lighting**  
**Weather**  
**Noise**



### CLEANING

Cleaning can both reduce slips and introduce new ones. Here are some cleaning techniques:

**Mopping**  
**Squeegeeing**  
**Dry vacuuming**  
**Wet vacuuming**



### FLOORING

The type of flooring must be suitable for the activity that is taking place. Here are some considerations to be taken:

**Location of floor**  
**Type of work taking place**  
**Pedestrian usage**  
**Types and amounts of contamination**



### FOOTWEAR

It is not just about being sensible, footwear must be suitable for the task. Things to consider when assessing which shoe to choose:

**Contaminations**  
**Floor surface**  
**Sole-tread pattern**  
**Other shoe features**

## HOW DO YOU PREVENT INCIDENTS?

Risk assessments



Control measures

It is important to remember that all relevant factors must be considered when trying to assess the risk, even if they are difficult to assess.

For more health and safety resources visit [virtual-college.co.uk/resources](https://www.virtual-college.co.uk/resources)