# 6 Tips for Avoiding Slips, Trips, and Falls in the Workplace



When people think about dangers in the workplace, they often underestimate the impact of slips, trips, and falls. Not only are these accidents a major cause of injuries leading to missed work, but they can also be deadly.

According to OSHA, slips, trips, and falls are second only to motor vehicles as a cause of fatalities, resulting in 15% of all accidental deaths. Editor’s note: In Canada, more than 42,000 workers get injured annually because of slip, trip, and fall incidents.

Read below for 6 tips that will help you avoid slips, trips, and falls in your workplace.

**1. Wear proper footwear**

Be sure to use the right shoes for your working environment. Many varieties of slip-resistant shoes are available, and an easy way to make shoes less slippery is by scuffing the soles before using them. This can be done by rubbing the soles on concrete or by using a knife to score them.

**2. Don’t work in the dark**

Make sure adequate lighting is available when you are working. Proper lighting will help you to avoid tripping on objects and other slipping hazards.

**3. Use the right tool for the job**

If you need to grab something out of reach, take the time to find a proper step stool or ladder. Many chairs are not designed to withstand the weight of someone standing directly on them, and they could break. Standing on folding chairs can cause them to collapse, and swivel office chairs can slide out from underneath you.

**4. Clean spills before they become slipping hazards**

Keep work spaces clean to avoid slipping and tripping hazards. Pick up any fallen objects from the floor, and quickly wipe up spills to avoid slips.

**5. Clear paths and walkways when moving large objects**

When you need to move a large object, clear a path beforehand. Shuffling around other objects while carrying a load can result in a fall due to decreased mobility and

visibility.

**6. Be vocal, and let people know when you’re moving**

People in a shared workspace can be a tripping hazard to each other, so it’s important to let others know when you’re moving behind them. When opening doors into spaces, it’s a good practice to give warning.

## Conclusion

Be sure to keep these safety tips in mind the next time you’re moving around your work space. Most importantly, make sure everyone else in your workplace is also aware of these practices and potential hazards. The more people that know how to avoid slips, trips, and falls in a workplace, the safer that workplace will be.

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