

Safety Corner

How to prevent slips, trips and falls in the workplace?

Slips, trips and falls (STF) are among the most common accidents in the workplace. Slips occur when there is inadequate friction at contact between the feet and the walking surface, while trips occur when a person is thrown off balance. Falls can be resulted from slips, trips, or any action resulting from falling from height.

While good housekeeping is always the most fundamental and important control measures in preventing STF, quality of walking surfaces, proper footwear, and appropriate pace of walking are also helpful. Below is a list of actions that can suggest means in preventing STF at the workplace:

- clean up all spills promptly, and mark spills and wet areas to alert people walking by
- keep walkway free of debris and obstacles with nothing protrudes into the walkway
- secure mats, rugs and carpets
- cover cables that cross walkways
- keep working areas and walkways well lit
- coat slippery floorings and stair treads with non-slip materials
- keep outdoor walkway free of algae and moss build up
- avoid uneven walking surface
- hold on to railings while going up and down stairs
- avoid running or rushing while going up and down stairs
- cover or repair any damage or holes on the flooring immediately
- use proper working platform when working at height, avoid using a makeshift ladder or stand on top of a chair
- adjust walking pace to suit the walking surface
- walk with the feet pointed slightly outward
- make wide turns at corners to avoid blind spots

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