

# Slip, Trip, and Fall Prevention Approaches

Dynamic Safety Incorporated

Quick Reference Guide

When considering the prevention of slips, trips, and falls in the workplace, there are three broad areas that can be controlled: **Shoes**, **Floor Factors**, and **Walking Style**.

## Shoes

- Set standards shoes to be worn by all employees, consider the expected use when establishing
- Determine what shoes are appropriate through test results and specifications
  - The simplest standard for indoor applications is to require that shoe soles are marked “slip resistant,” - But this has limited reliability!
  - Shoe specifications or test results may be used to specify specific brands or models that are appropriate (unlike protective toes, there is no ANSI standard regarding slip resistance for shoes)
- Conduct training with employees to inform them of shoe factors
- Create and post visual aids regarding shoes
  - Include photos, descriptions, even actual soles (good/bad/worn)
- Include shoes in regular management checks
- Conduct shoe inspections
- Have slip resistant overshoes available – Remember that proper sizing is important



## Floor

- Seek to install high-traction floors with gradual transitions appropriate for the application
- Ensure that thorough cleaning is taking place daily
- Have loose, broken, and worn tile repaired or replaced
- Ensure that any mats used are secure, in good condition, and lie flat without overlaps
- Remove residual liquids as they accumulate, reduce sources where possible
- Practice good housekeeping in general – keep objects, debris, contamination off the floor
- Have spill response equipment readily available
- Train employees on procedures and expectations regarding spills
- Respond to spills immediately; clean spills properly
- Include floor condition and illumination in regular management monitoring
- Perform periodic deep cleaning

## Walking Style

- Train workforce on walking technique
  - Shorter, more vertical steps in tricky spots
  - Control ankle motion for stability
  - Step over obstacles at an angle
- Establish an “Eyes on Path” rule
- Train workforce on carrying technique
- Set standards for walking speed (no running!)

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