



# Slip, Trip and Fall Prevention

SONOMA COUNTY SHERIFF'S OFFICE  
DETENTION DIVISION



# Introduction:

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## Learning Objectives:

- Inform employees of the important role they play in preventing work related injuries.
- Address injury risks faced by employees of the Sonoma County Sheriff's Office.
- Provide the necessary tools to control these risks.
- Inform managers, supervisors and employees of prevention strategies within the existing Injury and Illness Prevention Program.

# What are the hazards?

## Slip

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### **Slip:**

- Loss of balance caused by too little friction between a person's foot and a walking surface.

### **Common Causes:**

- Wet or oily surfaces
- Occasional spills
- Weather hazards
- Loose, unanchored rugs or mats
- Flooring or other walking surfaces that are worn

# What are the hazards? Trip

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## **Trip:**

- Hit an object, lose your balance and fall.

## **Common Causes:**

- Obstructed view
- Poor lighting
- Items in your way
- Loose carpeting
- Uncovered cables
- Drawers not being closed
- Uneven walking surfaces (Steps, thresholds)

# What are the hazards?

## Fall

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### **Fall:**

When you lose your balance & drop to the floor

### **There are three types of falls:**

- Falls on the same level:
  - Slip or trip immediately precedes fall to floor or walkway
- Falls to lower level:
  - Falls are from platforms, docks, ladders, steps or stairs
- Jumps to lower level:
  - An intentional jump from one level to another
  - Employee jumps off ladder, dock, equipment

# Prevention Strategies:

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- Good housekeeping
- Quality of walking surfaces (flooring)
- Selection of proper footwear
- Appropriate pace of work

# Prevention Strategies: Housekeeping

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- Clean up spills immediately
- Mark spills and wet areas
- Mop or sweep debris from floor
- Remove obstacles from walkways
- Keep walkways free of clutter
- Close file cabinet or storage drawers
- Cover cables that cross walkways
- Keep working areas/walkways well lit
- Replace burned out bulbs
- Secure mats, rugs and carpets

# Prevention Strategies: Flooring

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Change or modify walking surfaces:

- Recoat or replace floors
- Install mats
- Pressure-sensitive abrasive strips
- Abrasive-filled paint-on coating
- Metal or synthetic decking



# Prevention Strategies: Work Pace

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What can YOU do to avoid slipping at work?

- Take your time
- Pay attention
- Adjust stride to the task
- Proper posture and gait
- Make wide turns at corners

# Prevention Strategies: Work Area Hazard Awareness

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What can **YOU** do to avoid tripping at work?

- Sufficient lighting
- Portable lighting (Flash light)
- Watch where you are walking (Looking for hazards)
- Carrying or pushing objects
- Obstructions, spills or objects lying on the floor (Mark spills or clean them up)

# Prevention Strategies: Inclement Weather

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- Slow down to react to a change in traction
- Wearing slip-resistant shoes or overshoes
- Wearing sunglasses
- Treat walking surfaces
- Wet shoes on dry floors – Caution !

# Report Hazards Immediately

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If you cannot fix the hazard yourself:

- Immediately report the hazard
- Alert or warn others in the area
- Mark the area or stay there until help arrives
- Hazards not fixed in a timely manner Contact a supervisor

Can you identify what is wrong in the following pictures?

# Identify the Hazards 1:

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## Identify the Hazards 2:

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## Identify the Hazards 3:

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## Identify the Hazards 4:

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# Identify the Hazards 5:





Questions?

THANK YOU!

