



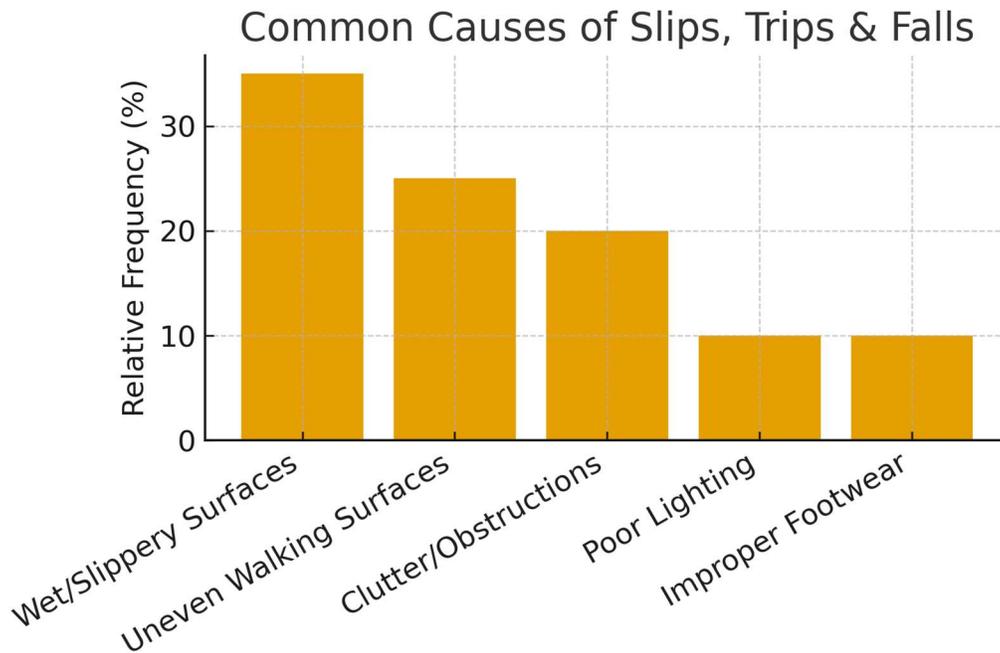
# Slips, Trips, and Falls Prevention

## TOOLBOX TALK: Slips, Trips & Falls Prevention

*RATTLIR Safety Series – “Strike Before It Bites”*

### Purpose

Slips, trips, and falls are among the most common workplace incidents, leading to injuries ranging from minor strains to serious fractures. This toolbox talk outlines common causes, prevention strategies, hazard recognition, and safe work practices to reduce the risk of these avoidable incidents.



*Figure 1 – Common contributing factors to slips, trips, and falls.*

### Common Slips, Trips & Falls Hazards

- Wet, icy, or greasy surfaces.
- Uneven flooring, cracked pavement, or loose rugs.
- Cables, hoses, tools, and other obstructions.
- Poor lighting conditions.



# Slips, Trips, and Falls Prevention

- Improper or worn-out footwear.
- Rushed behavior or lack of attention while walking.

## Prevention Strategies

- Clean spills immediately and use signage while drying.
- Maintain clear walkways and remove clutter.
- Use slip-resistant footwear appropriate for the work area.
- Keep cords and hoses secured and out of walk paths.
- Improve lighting in dark or shadowed areas.
- Slow down – avoid running or carrying loads that block vision.
- Keep handrails in good condition and use them on stairs.

## Hazard Recognition

- Survey the work area for uneven surfaces or slippery spots.
- Identify high-traffic areas where slip/trip hazards frequently occur.
- Monitor weather-related hazards such as ice, snow, or rain.
- Look for signs of wear on flooring, mats, or stair treads.

## Emergency Response

- Assist the injured worker and keep them still if a head, neck, or back injury is suspected.
- Call for medical attention if the employee cannot stand or walk.
- Report the incident and preserve the area for investigation.
- Clean or barricade the hazard to prevent additional injuries.

## Discussion Questions

- Are there any current slip, trip, or fall hazards in today's work area?
- Are walkways clear and floors dry?
- Is footwear appropriate for the environment?

## RATTLIR Takeaway

Slips, trips, and falls are preventable. Paying attention to walking surfaces, wearing proper footwear, and keeping work areas clean ensures we strike before it bites.