Trip Injuries and Prevention Meeting Kit



Trip Injuries and Prevention Safety Talk

There are many times when the hazards with the most severe outcomes are focused on more than the common hazards found in a workplace. A good example of a common hazard that can be overlooked is trip hazards. It is important to give attention to trip hazards in your work area to prevent yourself from being injured or a coworker.

Common Trip Hazards Found in Workplaces

- Extension cords
- Tools, equipment, materials
- Debris
- Cracks in floor
- Spaces or holes in flooring
- Changes in elevation
- Unexpected sloping
- Loose carpet or rugs

Common Environmental Factors that Increase Risk of Trip Incidents

Glare
Poor lighting
Shadows
Excessive dust
Noise
Temperature extremes
Distractive work environment

ELIMINATE TRIP HAZARDS

Do:

- Keep work areas neat and tidy, putting tools, materials, and other items away after use.
- Pick up items off the floor, even if they didn’t put them there.
- Step over or around obstructions, not on them.

- Walk slowly and change directions slowly, especially when carrying a load.
- Watch for changes in floor level—such as a few steps or a ramp up or down.
- Report lighting problems, such as burned-out bulbs, to maintenance right away.
- Use a flashlight if they need more light leaving the facility in the dark.

Don’t:

- Don’t leave boxes, bags, tools, or other materials on the floor.
- Don’t block walkways with hand trucks, equipment, or materials.
- Don’t leave cords or cables in walkways.
- Don’t place anything on stairs.
- Don’t leave drawers open.

HOUSEKEEPING

Good housekeeping is the first and the most important (fundamental) level of preventing falls due to slips and trips. It includes:

- cleaning all spills immediately
- marking spills and wet areas
- mopping or sweeping debris from floors
- removing obstacles from walkways and always keeping walkways free of clutter
- securing (tacking, taping, etc.) mats, rugs and carpets that do not lay flat
- always closing file cabinet or storage drawers
- covering cables that cross walkways
- keeping working areas and walkways well lit
- replacing used light bulbs and faulty switches

FINAL FIVE STEPS TO AVOID HAZARDS

- look around for anything that may cause an accident
- decide who is most at risk
- take preventative measures
- keep a record of what you have changed
- continually check your living space – keep a note of all potential hazards

FINAL WORD

Do not let complacency creep in when dealing with addressing trip hazards. Do not underestimate how far simple measures such as good housekeeping practices can go in preventing injuries. Evaluate your work area today for the hazards and environmental conditions mentioned in this safety talk.