

Slips, Trips and Falls

February 2, 2023



SLIP: Slide unintentionally for a short distance, typically losing one's balance, footing, or traction.



TRIP: Catch one's foot on something, lose balance, and stop or fall.



FALL: Rapid, uncontrolled, downward movement, from a height to a lower level.

ARECC Strategy



Anticipate:

- What areas (e.g, transition from outdoors), behaviors (distracted), and conditions (e.g., icy) can pose predictable slip, trip, and fall hazards?

Recognize:

- Inspect areas frequently where employees are accessing, walking, and working.

Evaluate:

- Assess the hazards thoroughly to identify proper control methods. Consider short and long-term solutions.

Control:

- Use the Hierarchy of Controls to select and implement the most effective control measure/s. See illustration below.

Confirm:

- Monitor control measures to ensure they are maintained and provide sufficient protection.

