



Slip and Fall Prevention

In 2022, 144 workers were killed in falls on the same level based on data from the National Safety Council (NSC). Most slips and falls are not that catastrophic, but each incident creates the potential for employee injury. Slip and fall accidents can occur in any workplace environment, from offices to shops and other facilities. Common causes include wet or slippery floors, uneven surfaces, loose mats or rugs, cluttered walkways, and poor lighting. By identifying and addressing these hazards, you can significantly reduce the risk of accidents and create a safer work environment for everyone.

Key Strategies for Slip and Fall Avoidance:



- **Maintain Clean and Dry Floors:** Keep floors clean, dry, and free of debris. Promptly clean up spills and leaks and use caution signs to alert others of wet or slippery areas. In areas where wet conditions are unavoidable, consider installing non-slip mats or applying anti-slip coatings to reduce the risk of accidents.



- **Proper Housekeeping:** Practice good housekeeping habits by keeping work areas tidy and organized. Remove obstacles, clutter, and tripping hazards from walkways, staircases, and other common areas. Encourage a culture of cleanliness where everyone takes responsibility for maintaining a safe and hazard-free environment. Conduct regular facility inspections to mitigate, identify, and correct any slip or fall hazards.



- **Use Proper Lighting:** Adequate lighting is essential for visibility and hazard recognition. Ensure that all work areas, hallways, stairwells and parking lots are well-lit, especially during evening or night shifts. Replace burned-out bulbs promptly and address any areas with insufficient lighting to minimize the risk of accidents.



- **Safe Walking Practices:** Encourage employees to use caution and mindfulness when walking in the workplace. Walk at a steady pace, paying attention to your surroundings and any potential hazards. Use handrails when navigating stairs and avoid distractions such as using mobile phones while walking.



- **Footwear Selection:** Wear appropriate footwear with slip-resistant soles and proper traction to reduce the risk of slipping. Avoid wearing shoes with worn-out soles or heels, as these can compromise stability and increase the likelihood of accidents. Consider investing in slip-resistant footwear for employees working in areas with higher slip and fall risks.

Slip and fall accidents are preventable with the right precautions and awareness. By implementing the strategies outlined above and promoting a culture of safety, you can significantly reduce the risk of slip and fall incidents in the workplace.

Additional Resources

Texas Department of Insurance: [Take 5 Preventing Slips, Trips, and Falls](#)

[TMLIRP Media Library](#)

- Safety First: Slips, Trips and Falls, DVD #543
- Slips, Trips and Falls: Taking the Right Steps, DVD #467

[TMLIRP Online Learning Center](#) – Preventing Slips, Trips, and Falls