

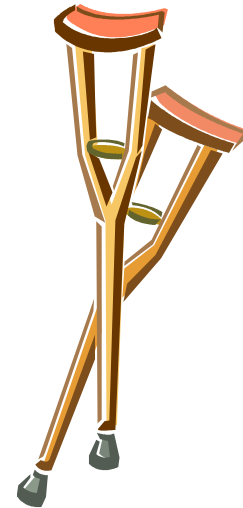
# DON'T TRIP OUT



Identification &  
Prevention

# Trip Injuries

- Sprains & strains
- Bruises & contusions
- Fractures
- Abrasions & lacerations



# Typical Injury Sites

- Knee, ankle and/or foot
- Wrist &/or elbow
- Back &/or shoulder
- Hip
- Head



# Definitions

- Trip
  - Foot or lower leg hits object & upper body continues moving, resulting in loss of balance
  - Stepping down to lower surface & losing balance



Potential Trip Hazards?

# Causes of Trips



- Uncovered hoses, cables, wires or extension cords across aisles or walkways
- Clutter, obstacles in aisles, walkway & work areas
- Open cabinet, file or desk drawers & doors

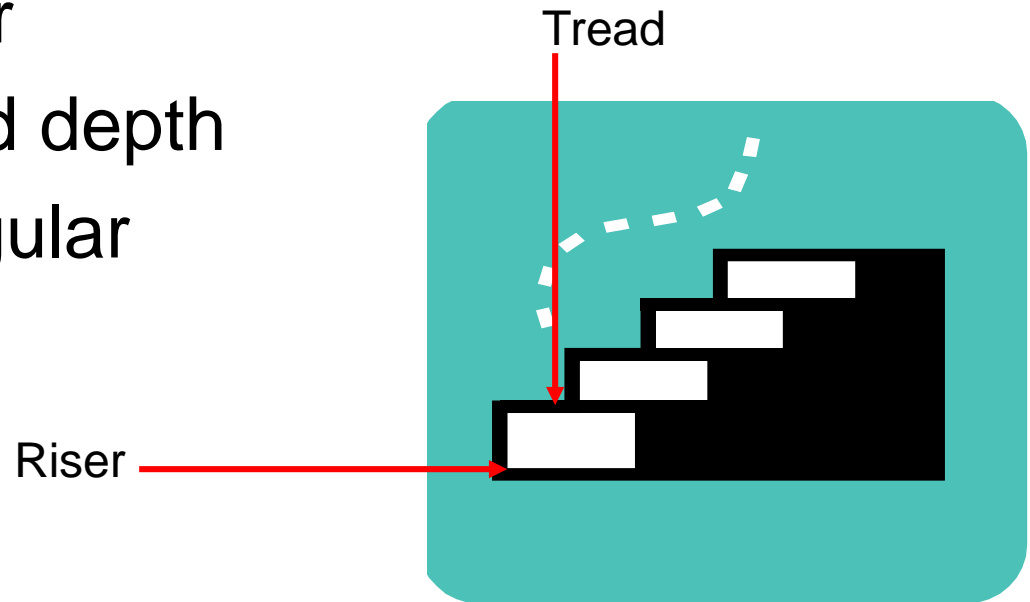


# Causes of Trips

- Changes in elevation or levels
  - Unmarked steps or ramps
- Rumpled or rolled-up carpets/mats or carpets with curled edges
- Irregularities in walking surfaces
  - Thresholds or gaps
- Missing or uneven floor tiles & bricks

# Causes of Trips

- Damaged steps
- Non-uniform, improper or irregular steps
  - Taller or shorter
  - Shallower tread depth
  - Otherwise irregular



# Causes of Trips

- Debris, accumulated waste materials
- Trailing cables, pallets, tools in gangways
- Objects protruding from walking surface
- Uneven surfaces
- Sidewalk/curb drops
- Speed bumps
- Tire bumpers
- Wheelchair ramps & curbs
- Driveways



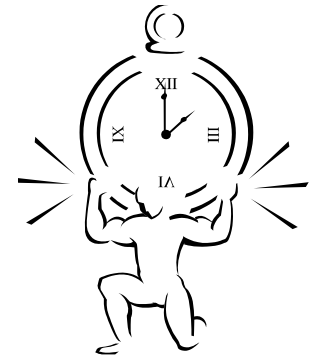
# Environmental Conditions Increasing Risk of Trips

- Poor lighting
- Glare
- Shadows
- Bulky PPE (includes improper footwear)
- Excess noise or temperature
- Fog or misty conditions
- Poor housekeeping
- Improper cleaning methods & products
- Inadequate or missing signage



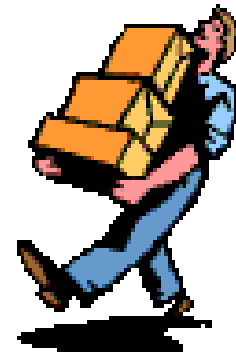
# Human Factors Increasing Risk of Trips - Physical

- Failing eyesight &/or visual perception
- Age
- Physical condition & fatigue
- Stress or illness
- Medications, alcohol & drug effects



# Human Factors Increasing Risk of Trips - Behavior

- Not paying attention to surroundings or walking distracted
- Taking unapproved shortcuts
- Being in a hurry and rushing



# Trips are Preventable

- Design of workplace & work processes
  - Design workplace & processes to prevent potential exposures to trip hazards
- Good housekeeping
  - Maintain clear, tidy work areas free of clutter
- Safe walking practices
  - Follow safe walking practices & routes
- Wearing proper footwear
  - Wear proper footwear with good traction
- Learn to fall “properly”
  - There are techniques that can minimize fall injuries

# Trips are Preventable

- Provide adequate lighting to keep work areas, aisles & paths of travel well lit
- Mark/highlight step edges & transition areas (changes in elevations)
  - Use anti-skid paint, slip-resistant coatings & strips
- Make sure stairs have sufficient lighting & hand rails