

## TOOLBOX TALK

# Slips, Trips, and Falls

### WHY THIS MATTERS

Slips, trips, and falls are the most common cause of workplace injuries across all industries. They account for over 25% of all reported injuries and are the #1 cause of workers' compensation claims. Most are caused by hazards that are easy to prevent.

**25%**

Of all workplace injuries reported

**#1**

Cause of workers' compensation claims

**100%**

Slips, trips, and falls are preventable

## 5 Ways to Prevent Slips, Trips, and Falls

Apply these prevention methods every day on every job site:

**1**

### KEEP WALKWAYS CLEAN AND DRY

Clean spills immediately. Use wet floor signs. Remove debris, tools, and materials from pathways.

**2**

### MAINTAIN GOOD HOUSEKEEPING

Organize materials, coil cables, close drawers. A clean site is a safe site — always.

**3**

### WEAR PROPER FOOTWEAR

Non-slip, steel-toe boots with good tread. Replace when soles are worn. Tie laces properly.

**4**

### USE HANDRAILS AND 3 POINTS OF CONTACT

Always hold handrails on stairs and ramps. Use 3 points of contact on ladders and platforms.

**5**

### ENSURE ADEQUATE LIGHTING

Report burned-out lights immediately. Use task lighting in dark areas. Carry a flashlight if needed.

## Before You Start — Quick Checklist

- Are all walkways and work areas clear of obstacles?
- Are wet or slippery surfaces marked and cleaned?
- Is lighting adequate in all work areas and stairways?
- Are floor openings and holes covered or barricaded?
- Are handrails in place on all stairs and platforms?

## Hazard Identification — Know What to Look For

**Wet surfaces:** Water, oil, grease, mud, or ice on floors. Clean immediately or place warning signs.

**Loose materials:** Tools, cords, hoses, packaging, or scraps on walking paths. Clear them before starting work.

**Uneven surfaces:** Broken tiles, potholes, raised edges, or loose floorboards. Report and barricade immediately.

**Poor lighting:** Dark hallways, stairwells, or work areas. Report and use temporary lighting until fixed.

**Open holes:** Floor openings, trenches, or uncovered drains. Cover securely or barricade with warning signs.

**Missing rails:** Stairs, ramps, or platforms without handrails. Report and avoid until handrails are installed.

### Common Mistakes That Cause Injuries

- ✗ Walking through a spill instead of cleaning it — "someone else will handle it" kills people
- ✗ Running or rushing on site — slow down, especially on stairs, ramps, and wet surfaces
- ✗ Using a phone while walking — distraction is a leading cause of trips and falls
- ✗ Wearing worn-out boots with no tread — your footwear is your first defense against slips
- ✗ Stepping over obstacles instead of removing them — if you can trip on it, move it now

### Safety Tips to Remember

- ✓ See a spill? Clean it NOW — don't walk past it, don't assume someone else will
- ✓ Take short steps on wet or icy surfaces — slow down and keep your center of gravity low
- ✓ Keep one hand free — don't carry loads that block your vision or prevent you from grabbing rails
- ✓ Report hazards immediately — a pothole or missing handrail reported today prevents an injury tomorrow
- ✓ Watch where you walk — look ahead, scan the ground, and avoid distractions

## Discussion Questions for Your Team

1. What slip, trip, or fall hazards exist on our site right now?
2. When was the last time you cleaned up a spill or cleared an obstacle?
3. Are there areas on site with poor lighting that need attention?
4. Do we have enough wet floor signs and barricade materials available?
5. What would you do if you noticed a missing handrail on a stairway?

### TOOLBOX TALK SIGN-OFF

Date: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Project: \_\_\_\_\_ Location: \_\_\_\_\_

Attendance sheet attached: [ ] Yes