

Slips and trips result in thousands of injuries in workplaces every year. Slip, trip and fall hazards can be hard to spot and can often happen in seemingly safe environments.

Injuries

Slips, trips or falls can result in cuts, bruises, sprains or strains, dislocations, broken bones and back and neck injuries.

Slips and trips

Slips occur when a person's foot loses traction with the ground surface due to wearing inappropriate footwear or when walking on slippery floor surfaces such as those that are highly polished, wet or greasy.

Trips occur when a person unexpectedly catches their foot on an object or surface. In most cases, people trip on low obstacles that are not easily noticed.

Common slip hazards	Common trip hazards
<ul style="list-style-type: none">• Change from wet to dry surface• Low light levels• Wet services• Liquid spills• Inadequate footwear• Dusty, sandy or gravel surfaces• Use of unsuitable footwear	<ul style="list-style-type: none">• Hoping in and out of the van• Trailing power cables and hoses• Uneven services• obstacles such as washing baskets, tubs left on the ground• Carrying loads that obstruct your vision• Potholes, tree roots

Falls

Falls can result from a slip or trip but many also occur during falls from low heights such as steps, stairs and curbs, falling into a hole or a ditch or into a body of water. Injuries from falls can occur from any height.

When entering and exiting the van use 3 points of contact to avoid tripping or falling, use the grab handles located in the cabin, side door and rear door (hybrid and shower van), especially during wet or damp weather.

Human factors

Human factors can also cause trips such as people hurrying, carrying large objects, pushing high trolleys or walking while looking at your phone. Be mindful of these factors so you can avoid tripping.

For further information on slips, trips and falls while on shift read the following resources:

- *Slips, Trips and Falls on Shift – SWP*
- *Safe Operating Guide to Manual Handling*