



# Slips, Trips and Falls

## UW Reported Accidents 2011 - 2013

|                       |     |
|-----------------------|-----|
| Slips, Trips & Falls: | 30% |
| Impact                | 22% |
| Pulls and Strains     | 18% |
| Cuts                  | 11% |
| Exposures             | 10% |
| Burns                 | 6%  |
| Punctures             | 2%  |
| Bites                 | 1%  |

## The Number #1 Cause of Accidents at UW

Slips, trips, and falls constitute the majority of workplace accidents and UW is no exception. In Wyoming, second only to motor vehicle accidents; slips, trips and falls are the most frequent accidents leading to personal injury. These accidents can result in head injuries, back injuries, broken bones, cuts and lacerations, or sprained muscles. Wyoming Workers Safety has identified "slips, trips and falls" as one of the top five causes of workers' compensation claims over the last six years.

### No matter what time of year...

Wear footwear with rubber soles and wider heel for better support.

Flatter soled footwear without a defined heel is your best choice as your entire foot is in contact with the ground

Wear footwear that you can lace up. For the best support, an ankle boot that laces up provides the best stability for your feet.

Don't be in a hurry. Give yourself plenty of time to get to where you are going. Concentrate on where you are walking and pay attention to changes in sidewalk and road conditions.

Be aware of the affects of fatigue and how it can reduce awareness.

*Safety:* **It's Our Job...  
It's YOUR Job**

## Take the Right Steps

- **Keep aisles and passageways clear at all times.**
- **Use smart housekeeping strategies, such as cleaning one side of a walkway at a time.**
- **Clean up spills immediately.**
- **Remind employees to use handrails, avoid undue speed, and maintain a clear view of the stairs ahead of them.**
- **Provide good lighting for all halls and stairwells, especially at night.**
- **Provide floor plugs so that power cords do not run across pathways. If the cords must be in pathways, make sure to tape them down to the floor.**
- **If there are wet or oily surfaces, maintain drainage and provide false floors, platforms, nonsolid mats, or other dry places where possible.**
- **Use nonskid waxes and grit-coated surfaces in slippery areas.**
- **In high risk areas, require slip-resistant footwear.**
- **Reinstall or stretch carpets that bulge or have become bunched.**
- **Provide proper handrails and slip-resistant stair treads.**