



U.S. ARMY COMBAT READINESS/SAFETY CENTER

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Resource Document Home Safety *Slips, Trips and Falls*

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Narrative:

Each year, thousands of people are injured and/or killed in slip, trip and fall accidents at home and in the work place.

Looking around the house – both inside and out – and identifying hazards greatly reduces the potential for these types of accidents. Seemingly harmless household items, landscaping, toys and other items are potential hazards and can cause serious injury.

Good housekeeping is just as critical at work as it is at home. If an organization's housekeeping habits are poor, the result may be higher slip, trip and fall incidents and accident rates. However, if an organization's facilities are noticeably clean and well-organized, it's a good indication that its safety program is effective as well.

In fiscal 2011, Department of the Army Civilian's slip, trip and fall accidents cost the Army \$47,860,176. From fiscal 2006 through 2011, there were seven reported Class A slip, trip and fall accidents involving Soldiers and of those, three resulted in fatal injuries.

Key Messages:

- Identify slip, trip and fall hazards and fix them!
- Soldiers, Civilians, supervisors and subordinates alike should be cognizant of their surroundings and take ownership of their personal safety.

Talking points:

- The potential for slip, trip and fall accidents around the house and at work are avoidable if

individuals take the time to identify and fix hazards.

- Taking some time and looking around the house, both inside and out, individuals can greatly reduce their chances of having an accident associated with slips, trips and falls.

Tips:

According to the National Safety Council, the most common locations for falls are doorways, cluttered hallways, uneven surfaces, ramps, areas with heavy traffic, unstable work surfaces, ladders, stairs and areas prone to wetness or spills. Here are some fall-proofing tips for work and home from the NSC:

- Clean up all spills immediately.
- Stay off freshly mopped floors.
- Secure electrical and phone cords out of traffic areas.
- Remove small throw rugs or use non-skid mats.
- Keep frequently used items in easily reachable areas.
- Wear shoes with good support and slip-resistant soles.
- Arrange furniture to provide open walking paths.
- Keep drawers and cabinet doors closed.
- Remove tripping hazards (paper, boxes, books, clothes, toys, shoes) from stairs and walkways.
- If you have young children, install gates at the top and bottom of stairs (unlatch the gate to pass – don't climb over them).
- Ensure adequate there's lighting both indoors and outdoors.
- Remove debris from exterior walkways.
- Adjust gutter downspouts to drive water away from pathways.
- Periodically check the condition of walkways and steps, and repair damages immediately.
- Never stand on a chair, table or other surface on wheels.

Historical Reference:

<https://safety.army.mil/>

<https://safety.army.mil/INDUSTRIALSAFETY/WalkingWorkingSurfacesSlipTripsFalls/tabid/556/Default.aspx>

http://www.nsc.org/safety_home/HomeandRecreationalSafety/Falls/Documents/Slips%20Trips%20and%20Falls_FINAL.pdf

Statistics:

- In fiscal 2011, Department of the Army Civilian's slip, trip and fall accidents cost the Army \$47,860,176.
- From fiscal 2006 through 2011, there were seven reported Class A slip, trip and fall accidents involving Soldiers and of those, three resulted in fatal injuries.
- According to the National Safety Council, falls are the leading cause of unintentional injuries in the United States, accounting for more than 8.6 million visits to the emergency room annually.
- The NSC reports that in 2009, 16,900 individuals died due to fall-related injuries in their homes.

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