



Prevent Slips, Trips and Falls

Slips, trips and falls on the job are among the most frequent causes of injury at Kaiser Permanente. Fortunately, there's much we can do to prevent these incidents by working proactively to identify hazards that could cause a slip, trip or fall.

Here are some tips for minimizing the risk of slips, trips and falls in your workplace:

- [✓] Avoid running or walking too fast.
- [✓] Avoid multitasking while walking, such as using electronic devices.
- [✓] Clean up spills of coffee, water or other non-hazardous substances immediately.
- [✓] Keep work areas clutter-free to avoid potential hazards.
- [✓] Keep walkways clear of electric cords, hoses, or any other potential hazards. Block off areas when such items encroach on walkways temporarily.

If you experience a FALL, immediately report the incident and seek medical attention if needed. **Then**, assess the conditions that led to the incident and take steps to prevent a recurrence.

TEAM ACTIVITY



This month take 5 minutes in your next huddle or safety walk-around to ask co-workers about workplace safety hazards.



Ask them, *"Where is the next injury or incident likely to happen in our department?"*



Create a list and brainstorm solutions.



Evaluate the responses and choose one issue to discuss with your unit-based team co-leads. It could become your next UBT project!



SMARTIE GOAL: Set a team SMART goal (one that is specific, measurable, attainable, realistic/relevant and time-bound). For example, *"Our team will increase by 50 percent the number of safety walks it conducts to identify slip, trip and fall hazards in our department by June 30."* Take it one step further by making it a SMARTIE goal: emphasizing equity and inclusion by identifying spaces that are difficult to navigate for people with mobility challenges or visual impairments.

Check out these [Slip, Trip and Fall Prevention](#) resources, which include tips to help you find and fix safety hazards and downloadable checklists for doing safety walks in your department.

