Slips, trips and falls are a leading cause of workplace injury and death:

227,760 injuries and 887 deaths annually

Don’t be complacent when it comes to fall hazards.

- Be aware of your environment
- Avoid distractions
- Keep work areas clean
- Take your time and don’t rush – especially around corners and doorways
- Wear the proper personal protective equipment
- Choose the right footwear for your work
- Use the correct ladder or scaffolding for the job
- Always hold the handrail when using the stairs
- Never carry too much in your hands or anything that obstructs your view
- Watch where you are going
- Keep an eye out for changes in elevation
- Report any fall hazards you find

Falls, slips, trips
3rd leading cause of work-related injuries
- Injury rate: 23.1 per 10,000 full-time workers
- Age group: most at risk: 55 and over
- Industries: most at risk: transportation and warehousing and agriculture
- Typical days lost: 12
- Most frequent type of injury: sprains, strains, tears

Visit nsc.org for more resources.