Dear University Community

As a follow up to our interest in helping the University reduce its accidents and injuries we would like to provide some information on Slip, Trip and Fall Prevention. The top ten things that can lead to a slip, trip and fall in the workplace are:

1. Contaminants on the floor such as water, grease, oil, fluid or food.
2. Poor drainage around pipes and drains.
3. Indoor walking surface irregularities such as a buckled carpet, dented floor tile or hole in the floor.
4. Outdoor walking surface irregularities such as cracked concrete, holes in grassy area and stones and debris in parking areas.
5. Weather conditions such as ice and snow.
6. Inadequate lighting.
7. Improper construction and maintenance of stairs and handrails.
8. Improper use of step stools and ladders.
9. Clutter, including loose cords, hoses, wires and laboratory tubing.
10. Improper use of floor mats and runners.

As you can see from this list, common things or activities can result in a slip, trip or fall. For your well being it is very important to pay attention to your surroundings.

- Have contaminants cleaned up from floors as soon as possible. Have the area clearly marked so passersby are alert to the hazard.
- Report to Operations improper drain functioning.
- Insure that indoor and outdoor surface irregularities are resolved.
- Be especially attentive during inclement weather. Wear the proper footwear and use the handrails.
- Low lighting can conceal hazards. Proceed slowly until the area is visualized.
- Report to Engineering broken hand rails or damaged stairs.
- Use step stools and ladders properly as per the manufacturer’s suggestions. Make sure you are wearing the proper shoes when using ladders and step stools.
- Eliminate clutter which can lead to a slip, trip or fall. Tie up loose cords, hoses, wires and tubing and keep these away from walking areas.
- Make sure that floor mats are not damaged and that runners are not curled up so as to cause a trip or fall.

A little awareness of your surroundings and a little proactive action on your part can help reduce the chance that you will have an accident and be injured and will also help reduce the burden of accidents and injuries for the University.

Anthony Chibbaro
Department of Environmental Health and Safety
Albert Einstein College of Medicine of Yeshiva University