

KAUST Health and Safety Toolbox Talk	Toolbox Talk Number	HSE/RF/TBT/001	 جامعة الملك عبد الله للعلوم والتقنية King Abdullah University of Science and Technology
	Title	Slips Trips and Falls	
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Slips, trips, and falls are a common cause of workplace and home injuries for both adults and children. Slips, trips, and falls can be prevented through awareness, good design, appropriate maintenance and risk management and reporting.

Slips occur when a person's foot loses traction with the floor. The most common cause of falls is slippery floor surfaces, inappropriate footwear and personal risk factors, such as texting while walking and not paying attention to where you are going.



Trips occur when a person's foot catches on something and cause them to stumble or fall. Most of the time the objects that create trips are small, unobtrusive cracks in flooring or walkways, changes in floor levels and objects left lying across walkways such as extension cords.

Falls can result from slips or trips but can also occur during falls from low heights such as steps, ladders, and pavements.

Examples of situations where slips trips and falls are likely to occur are:

- Unsafe ladders
- Slippery surfaces
- Walkway obstructions
- Improper shoes
- Running
- Poor lighting

Everybody can take some simple actions to avoid slip, trip and fall injuries, for example:

- Pay attention to your surroundings. Keep a clear view of where you are walking and avoid reading, sending or reading a text message on your mobile phone that will distract your attention.
- When using a staircase, hold onto the stair handrails and do not carry items in front of your body that would make it difficult for you to see where you are going.
- Plan ahead to arrive at your next appointment on time. Avoid running or rushing when you should be walking.
- Move any trip hazards from walkways
- Keep a clean and tidy work and home environment to ensure that floors, staircases, and other walk areas are kept free from tripping hazards.
- Clean up spills immediately, even the small ones.
- Wet or damaged pedestrian walkways can be hazardous. Be cautious not to run and pay attention to where you are going.

Immediately report or deal with any slip or trip hazards. If you see it, resolve it and then [ReportIt!](#)

For more information, please contact Community.Safety@KAUST.EDU.SA