

Slips, trips and falls: prevention is better than cure

Slips, trips and falls happen at home and in the workplace. Here's an overview of the risks at work and how to prevent them.

Did you know...?

Falls make up almost 20% of all occupational injuries reported in Belgium.

(Figures from 2015. Source: Fedris)

Occupational accidents can result in minor or more serious injuries

Injuries such as

- Grazes
- Bruises
- Sprains
- Fractures
- Internal bleeding

Can lead to

- Short or long-term absence
- Lifelong health problems or even death



TOP 10 RISKS

- 1 Wet or uneven walking surfaces
- 2 Slippery or loose floor coverings
- 3 Weather conditions (e.g. ice, snow)
- 4 Poorly maintained stairs or lack of handrails
- 5 Inadequate lighting
- 6 Unsafe steps and ladders
- 7 Loose cables or obstacles in walkways
- 8 Clutter (e.g. boxes, paper, rubbish)
- 9 Distractions (e.g. reading, texting while walking)
- 10 Unsuitable footwear

PREVENTIVE MEASURES

- ✓ Put signposts near wet areas.
- ✓ Regularly maintain floors, floor coverings and stairs.
- ✓ Remove snow, ice and fallen leaves.
- ✓ Install handrails near stairs and scaffolding.
- ✓ Make sure walkways and corridors are clear from obstacles and well lit.
- ✓ Ensure steps and ladders are secure, and mark stair treads with non-slip tape.
- ✓ Secure loose cables.
- ✓ Provide plenty of storage space.
- ✓ Raise awareness about using handrails and about being on the phone while walking.
- ✓ Provide suitable (safety) footwear.

Prevent falls and other occupational accidents

Mensura can help you conduct a risk analysis for your organisation. Our team of experts will identify problem areas, establish priorities, and make recommendations. For more information, contact us at veiligheid@mensura.be

