



SLIPS, TRIPS, AND FALLS (S/T/F)

are some of the leading causes of injury or death in the workplace. The most common injuries we see at UO from an S/T/F are contusions, strain/sprain, and fractures. These injuries are often preventable and usually these occur because of loss of traction or contact with a fixed or movable object along a walking or working surface. At the University of Oregon, injuries associated with slips, trips, and falls, occur more often indoors instead of outdoors. There are a variety of environmental and behavioral hazards that contribute to the likelihood of a slip, trip, or fall. A few common hazard examples include spills, surfaces in disrepair, the wrong shoes, extension cords being in the path of travel, weather related conditions, and debris like leaves and seeds. Being aware of these and other possible hazards can help lower the potential for incidents to yourself and your coworkers.

EXAMPLE BEST PRACTICES:

- Wear shoes with good traction.
- Be aware of wet conditions and take the time to dry your shoes on the mats before proceeding indoors.
- Look up, face forward, and have your eyes on task.
- Keep your hands out of your pockets while walking.
- Do not text or read while walking.
- Do not place cords or hoses in pathways; do not use pathways for storage.
- Keep floors dry and free of spills. If there is a spill, then cover it with a wet floor sign, chair, or towels to prevent others from slipping.
- Use wet floor signs, and consider absorbing floor mats or keeping paper towels in areas known to have wet floors
- Use handrails when traveling on staircases or ramps

WHAT TO DO!

- Follow the example best practices above!
- Recognize hazards. Address them if you are qualified. If not, contact your supervisor or CPFM Work Control (541-346-2319).
- Bring questions and injuries to your supervisor!
- Direct additional questions to EHS.
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!
- If injured, then fill out a [Workplace Injury Report](#) within 24 hours.
- If there is an area that you are concerned about, then please use the [Report a Safety Concern](#) form to alert EHS.



Practice good housekeeping in your area!



Look up, face forward, and pay attention!



Recognize and address or report potential pathway hazards!

