

What's the difference between a slip, a trip and a fall?



Slips

Occur when there's little or no friction or traction on the floor surface and someone's footwear.

Watch our for:

- Wet, snowy or icy walking surfaces
- Loose or unsecured rugs or mats
- Sloped walking surfaces
- Smooth, cold surfaces (e.g. marble floors or metal stairs)
- Waxed floors
- Spills on walking surfaces



Trips

Occur when a person's foot catches or strikes an object which then alters their balance.

Watch our for:

- Exposed cords
- Clutter
- Poorly lit areas
- Uneven walkways
- Wrinkled carpeting or floor mats
- Objects and obstacles (e.g. tools, cleaning buckets)



Falls

Generally the result of a slip or trip, where the person actually falls due to loss of center balance or lack of support. Can also occur when walking from a higher elevation to the lower elevation.

Watch our for:

- Stepping off ladders
- Going downstairs
- Getting off roofs



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