

Most slips occur *in* wet or contaminated conditions and most trips and falls (on the same level) are due to poor housekeeping. The solutions are often simple and of low cost. Most people do not take the risks associated with slips, trips and falls seriously and think that they are inevitable. This is not the case, and the application of good [risk assessment](#) and management controls can significantly reduce the risk of a slip, trip or fall occurring. The main factors that play a part in contributing to slip, trip or fall accidents are:

1. Wet floors
2. Uneven or defective flooring
3. Inadequate lighting
4. Obstacles and clutter in walkways
5. Trailing cables
6. People wearing inappropriate or incorrect footwear
7. People taking insufficient care

Control measures to prevent slips, trips and falls:

1. Spillages should be cleaned up promptly, using the correct equipment
2. Warning signs or barriers should be used when floors are wet or slippery
3. Floors should be regularly inspected. All damage and faults should be reported to Estates who will arrange repairs
4. Mats and rugs should be securely fixed and not have curling edges
5. Faulty lighting should be reported to Estates before levels become too low for safe working.
6. Equipment and items should not be left lying around. Tidy up as you go and keep work areas tidy
7. If obstructions cannot be removed, use signs or barriers to warn people
8. Do not allow cables to trail across walk ways. If necessary have additional socket outlets fitted by Estates
9. Wear suitable footwear for the task you are performing and if you are provided with safety footwear, make sure you wear it
10. Do not create additional slip, trip or fall hazards when undertaking cleaning or maintenance work. Where possible maintenance work should be carried out when it will cause the least disruption
11. Where possible cordless power tools should be used
12. When moving furniture, equipment or goods be aware of slopes or changes in level