



# Safety Reboot

## Slips, Trips & Falls

### Discussion Aid



This discussion aid has been developed to assist the person facilitating the Safety Reboot discussion on Slips, Trips & Falls. It provides pointers to get conversation going and is not a full explanation of all health and safety requirements related to this subject, and should not be relied on as such.

1. Do you know the main causes of slips, trips and falls?  
Uneven floor surfaces, unsuitable floor coverings, wet/slippery floors, changes in levels, trailing cables, poor lighting, poor housekeeping.
2. Do you know the difference between a slip and a trip?  
The slip tends to propel the body backwards. Depending on the velocity of your movements, you could seriously injure your head, neck, or spine. When you trip, the body typically falls forward. You use your hands and knees to brace your fall.
3. How can everyone contribute to reducing slips and trips on site?  
Be responsible for behaviours, follow site rules, help colleagues where necessary, safety first mindset, wear PPE.
4. How would the management of waste on site contribute to reducing the risk from slips, trips and falls?  
Good waste management aids good housekeeping-ultimately reducing risks apparent, ensuring pathways are clear
5. Which PPE are the most important on site as a part of slip and fall prevention?  
Footwear – good grip, steel toe capped, laces in good repair & tied securely.
6. Are you familiar with the procedure for dealing with spillages?  
Site specific
7. What basics of housekeeping on site would you say are the best ways to prevent slips, trips and falls?  
Clean floors, tidy sites – everything has a place & everything is in its place, CAYG – clean as you go mentality, conscious of colleagues or others coming behind you.
8. Should all slips, trips and falls should be reported even when no-one is hurt (no victim accident)?  
All near misses should be reported in order to prevent another worker having an actual accident – prevention measure.
9. What measures should be in place at height & low level to prevent & protect from slips, trips & falls?  
Ladders should have 3 points of contact at all times, fall arrest systems in place, walk ways are kept clear, areas are well lit up.
10. Do same level falls tend to occur more frequently than elevated falls?  
Whilst same level falls tend to occur more frequently, falls from height often have more serious consequences.