



Ericsson Care Factsheet



Slips, trips and falls

What are slips, trips and falls?

You can slip when you lose your footing, you can trip when you catch your foot on or in something, and you fall when you come down suddenly. Spills, ice, snow, rain, loose mats, rugs, and stepladders are some of the common causes of slips, trips and falls.

Why is awareness important?

Did you know that slips, trips and falls are the second most common cause of injuries at work? In the European Union, they have been identified as the main cause of accidents that result in more than 3 days of lost time from work.

Why is this so common and severe? The hazards are easy to overlook because they occur so unexpectedly and do not necessarily look threatening. In addition, poor lighting and clutter can cause injuries such as sprains, strains, bruises, bumps, fractures, scratches, and cuts.



Good housekeeping. Keep the working environment clean and tidy, with floors and access routes kept clear of obstacles. Clean up spills immediately by using an appropriate cleaning method and keep floors dry. Place equipment so cables do not cross pedestrian routes. Use cable covers to securely fix cables to surfaces.

Check floors and stairs for damage: Look for holes, cracks, and loose carpets and mats. Handrails, slip-resistant covers for steps, and high-visibility and non-slip marking of the front edges of steps, can all help in preventing slips and trips on stairs.

Ensure suitable footwear: Consider workers' environment and take into account the type of job, floor surface, floor conditions and the slip-resistant properties of the soles.

What should you do?

The best prevention techniques fall into these categories:

Proper training and guidance for hazard awareness.

The most effective way to avoid slip or trip injuries! Any safety training or refresher course should include a reminder, as well as how to safely navigate them.

Ensure good lighting levels. Ensure all floor areas are evenly lit and all potential hazards, e.g., obstructions and spills, can be clearly seen. Exterior lights may be required to adequately light outdoor workplaces.

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