Slips, Trips, and Falls During Rainy Weather

Each year many people are injured on the job as a result of slip and fall accidents. Slips, trips, and falls together represent one of the most important single causes of injuries at work and at home. Although they occur for many reasons, slip and fall incidents are preventable if we strive to be aware of our surroundings and movements. This is an especially vulnerable time given the inclement weather we will be encountering.

• To avoid slips and resulting falls, be on the lookout for foreign substances on the floor. Watch for liquid spills such as water/coffee/other beverages, food, grease, oil, soap, or debris. Even small quantities of these substances can be slippery.

• When you come into a work area from outdoors in rainy weather, wipe your shoes thoroughly on a doormat, not just to keep the floor clean, but to prevent the wetness of your shoes from making you slip and perhaps fall. When walking, don’t turn too sharply when changing your direction.

• Stairways are meant for walking, not running. Use handrails especially during inclement weather, and if there is not enough light, please report it. Wear shoes that allow better traction. Stairwells are to be kept uncluttered, with some sort of non-slip coating applied to the steps. Inform your supervisor if you notice a step that is slick. Don’t carry objects up or down steps that may obstruct your view.

• Walk where you are supposed to walk. Don’t take shortcuts, especially through areas where it’s obvious pedestrian traffic is not intended to go.

• Always try and wear the best non-skid shoe possible. Shoes that have worn, smooth soles should not be worn. Avoid high heals during inclement weather.

• Being alert is one of the surest ways to reduce injuries caused by slips and falls. This includes being aware of your environment, personal safety, and the safety of others. Be safety-conscious.