

EC SAFETY SOLUTIONS NEWSLETTER



Topic of the Month – Slips, Trips and Falls

November 2024

Welcome

At EC Safety Solutions, we are dedicated to ensuring your workplace is safe and compliant with the latest regulations and industry specific health and safety advice. This month, we focus on **Slips, Trips and Falls in the Workplace**.

As always, we hope you find this newsletter useful and welcome any feedback you may have.

Introduction:

Stay Safe! Understanding the Risks of Slips, Trips, and Falls

Every year, slips, trips, and falls (STFs) remain a leading cause of workplace injuries in the UK. From minor bruises to severe fractures, these incidents can happen in any work environment, from offices to construction sites. According to the Health and Safety Executive (HSE), slips and trips account for over a third of all major workplace injuries and are the leading cause of workplace injuries across the UK. Let's dive into how you can protect yourself and others from these hazards.

Legal Obligations:

Under the Health and Safety at Work Act 1974, the Management of Health and Safety at Work Regulations 1999 and the Workplace (Health, Safety and Welfare) Regulations 1992 employers are legally required to assess and manage the risks to employees which includes: the risks of slips, trips and falls and the requirement for floors to be suitable, in good condition and free from obstructions. People should be able to move around safely.



Why Are Slips, Trips, and Falls So Dangerous?

- STFs are often underestimated, but the impact of these accidents is significant. Consequences can range from sprains and strains to serious head and spinal injuries. The recovery period can be long, impacting personal lives, careers, and businesses.

Regulations outline several points for safe working surfaces, including the following:

- Keep work place floors clean, orderly, and dry.
- Provide safe means of entering and exiting from walking surfaces.
- Inspect the working surface to keep it in good condition.
- Repair hazardous/damaged floors as soon as possible.

Top Causes of Slips, Trips, and Falls

Look around your workplace and think about hazards are present in relation to your slip, trip and fall risks, such as:

1. **Wet or Slippery Floors:** spills, leaks and rain can lead to slippery floors, requiring increased vigilance. Insufficient cleaning may also leave wet areas without warning signage in place.
2. **Obstacles in Walkways:** Cables, boxes, and even bags in hallways can become tripping hazards, especially in busy workplaces.
3. **Uneven Surfaces:** Loose carpets, broken tiles, and irregular pavement pose dangers to anyone walking through.
4. **Poor Lighting:** Dimly lit areas make it difficult to spot hazards, increasing the risk of trips.
5. **Improper Footwear:** Shoes without proper grip or support make it harder to maintain balance on smooth or uneven surfaces.
6. **Human Factors:** Ensure you wear the correct footwear/PPE. Always deal with spillages instead of waiting for someone else to do it. Avoid rushing or carrying large objects which prevents you from seeing where you are going or becoming distracted whilst walking e.g. by using your mobile phone.

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What can you do to help

Preventive Steps for a Safer Workplace

For Employers:

- Conduct regular safety inspections to identify hazards.
- Ensure walkways are clear, floors are even, and spills are promptly cleaned up.
- Provide appropriate floor mats and slip-resistant surfaces in high-risk areas.
- Install sufficient lighting, especially in stairways and storage areas.
- Display clear warning signs where hazards cannot be immediately fixed.

For Employees:

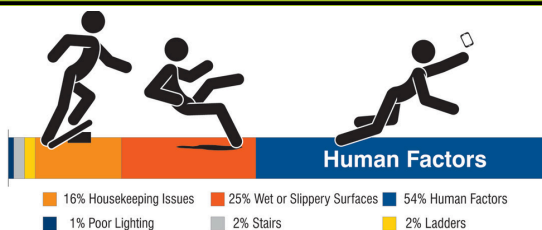
- Wear slip-resistant footwear suited to your work environment.
- Stay vigilant for wet floors, trailing cables, or any obstructions.
- Report any potential hazards to your line manager, like leaks, uneven flooring, build up of materials immediately.
- Take extra care when walking on stairs or in poorly lit areas.
- Avoid rushing—many STF's happen when people are moving too quickly.



EC Safety Solutions Updates:

EC Safety Solutions have been awarded the Defence Recognition Scheme Gold Award for our continued support of the [Armed Forces Covenant](#). The Defence Employer Recognition Scheme (ERS) encourages employers to support defence and inspire other organisations to do the same.

[Sign the Armed Forces Covenant and make your pledge](#)



In the News

- [SHP weekly top five](#)
- [Company fined following crane collapse](#)
- [Cosmetics firm fined after HSE inspection found serious failings](#)
- [World Mental Health Day: "Employers risk losing valued employees if stress is not managed"](#)
- [Leading sandwich bread baker fined after worker loses finger](#)

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Creating a culture of safety requires collaboration. By taking these steps, we can reduce the risks associated with slips, trips, and falls. Let's make our workplaces safer, one step at a time!

Useful Resources:

- [Preventing slips and trips at work](#)
- [Slips and trips Hazard spotting checklist](#)
- [Safe Use of Ladders and Stepladders](#)

If you need Help with STF's Risk Assessments?

At EC Safety Solutions, we offer comprehensive support to help you conduct effective workplace STF's risk assessments. Contact us to learn more about how we can assist you in maintaining a safe and compliant workplace

Training: We deliver various training courses such as Manual Handling, Working at Height, We also offer eLearning courses on Slips, Trips and Falls.