



# Slips, Trips, and Falls

## Prevention Reference Guide

Slips, trips, and falls are the number one cause of workplace injuries. They are also among the most preventable. Good housekeeping, proper lighting, ladder safety, and individual behavior eliminate the vast majority of these incidents before they happen.

| KEY PRINCIPLES      |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| Housekeeping is Key | Good housekeeping and slip/trip prevention go hand-in-hand. A clean area is a safe area.         |
| Wet Surfaces        | Clean up spills immediately. Display wet floor signs. Report leaking pipes and valves.           |
| Ladder Safety       | Inspect before every use. Keep two feet on the ladder at all times. Never use the top two rungs. |
| Individual Behavior | Rushing, phone use, and carrying loads that block vision account for many preventable falls.     |

## HOUSEKEEPING AND SPILL CONTROL

- Good housekeeping is the most effective prevention tool for slips, trips, and falls.
- Clean up spills immediately. Do not leave them for the next person.
- Display wet floor signs as needed and remove them when the surface is dry.
- Report leaking valves, pipes, or equipment to maintenance immediately.
- Keep parking lots and outdoor walkways free of snow, ice, and debris.



## AISLE AND WALKWAY MANAGEMENT

- Keep all work areas, passageways, storerooms, and service areas clean and orderly.
- Never string cords, cables, or air hoses across hallways or designated aisles.
- Ensure drain holes are covered or marked with a cone at all times.
- Close file cabinet drawers after use. Pick up any item dropped on the floor immediately.
- Conduct periodic inspections for slip and trip hazards in your work area.

## LADDER SAFETY

### Before Every Use

- Inspect rungs and steps for damage or slippery material.
- Confirm ladder boots are intact and prevent sliding.
- Verify lock bars are operable and keep the ladder stable.
- Check weight rating label. Do not exceed the ladder's rated load.

### While Using a Ladder

- Keep two feet on the ladder at all times.
- Do not use the top two steps or rungs of any ladder.
- Do not reach further than arm's length. Reposition the ladder instead.
- Employees operating aerial lifts must wear fall protection at all times.
- Anyone on a surface higher than 4 feet without proper railing must use fall protection.

## LIGHTING AND INDIVIDUAL BEHAVIOR

- Turn on lights before entering any room. Never enter a darkened area without adequate lighting.
- Keep all walkways well-lit and clear of clutter.
- Do not rush. Running or walking too fast increases slip, trip, and fall risk significantly.
- Do not use a cell phone while walking in work areas.
- Carry materials in a way that does not block your forward vision.
- Do not wear sunglasses in low-light areas.
- Use designated walkways. Do not take shortcuts through non-walkway areas.

**Slow down, look where you are going, and clean up what you see. Most falls are preventable.**

## SLIPS, TRIPS, AND FALLS PREVENTION CHECKLIST

Complete at the start of each shift.



- ☐ All spills cleaned up or marked with wet floor signs
- ☐ Aisles and passageways clear of cords, hoses, and debris
- ☐ Drain holes covered or marked with cones
- ☐ Adequate lighting in all walkways and work areas
- ☐ Ladders inspected before use: rungs, boots, and lock bars checked
- ☐ Nothing stored on steps or stairways
- ☐ Floor mats flat, clean, and secured at the edges
- ☐ Walking pace controlled; no phone use while walking in work areas

This document is part of the Meat Institute Worker Safety Series, supporting Reporting Metric A4: Supervisors lead safety huddles and toolbox chats regularly with hourly workers.

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