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*Slips, Trips, and  
Falls Prevention  
2011*

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# Issue – S T F

- **STF's represents #1 cause of injury**
- **STF's occur in any part of the school environment both inside and outside.**
- **STF's may result in serious outcomes and permanent injury**
- **STF's cost to both worker and employer can be great**

## To the Worker:

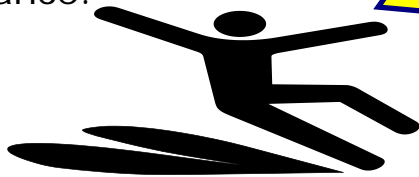
- pain
- lost wages
- temporary or permanent disability
- reduced quality of life
- depression

## To the District:

- loss in employee effectiveness
  - increased WC insurance premiums
  - costs associated with substitutes
  - cost of medical treatment
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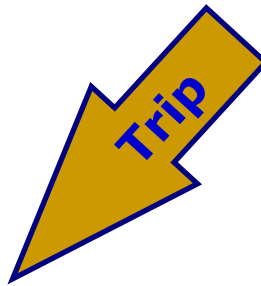
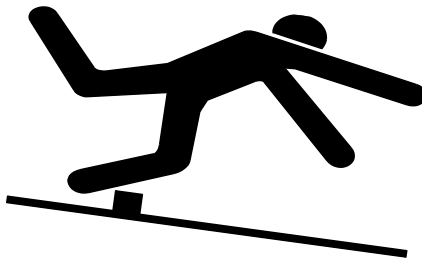
# Definition of STF

When there is too little friction or traction between your feet (footwear) and the walking or working surface, and you lose your balance.

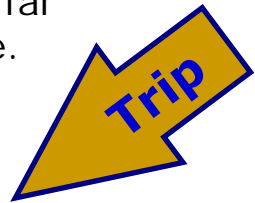


Occurs when you are too far off your center of balance.

When your foot (or lower leg) hits an object and your upper body continues moving, throwing you off balance.



When you step down unexpectedly to a lower surface ([Misstep](#)) and lose your balance, e.g., stepping off a curb.



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# Common types of STF Injuries:

- **Sprains, strains**
  - **Bruises, contusions**
  - **Fractures**
  - **Abrasions, lacerations**
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# Commonly Affected Body Parts:

- **Knee, Ankle, Foot**
  - **Wrist, Elbow**
  - **Back**
  - **Shoulder**
  - **Hip**
  - **Head**
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# Factors Increasing the Risk of Slips, Trips and Falls

Not Paying Attention

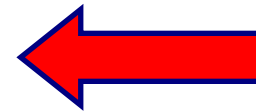
Clutter



# A Chief Factor Increasing the Risk of Hurting Yourself



**Improper Method of Carrying Items**



# Report These Conditions Immediately





# Report These Conditions Immediately



# Report These Conditions Immediately



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# Housekeeping

- Close file cabinet or storage drawers
  - Report cables/wires that cross walkway
  - Keep working areas and walkways well lit and clear
  - Report burned out bulbs
  - Be aware of your surroundings and report any perceived danger
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# Thank You

*.....for taking the time to learn about safety and health and how to prevent future injuries and illnesses.*

***For Additional Information Contact:***

***[duncanr@gwd50.org](mailto:duncanr@gwd50.org)***

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# End of Module

[Click Here](#) to return to  
the Employee  
Training Page

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