

OVERVIEW OF FACT SHEET

Slip, trip and fall incidents are some of the leading causes of occupational injuries at UNC Charlotte. These seemingly minor incidents can lead to pain and serious discomfort. Therefore, it is very important that you, as an employee, remain aware of your surroundings.

This fact sheet provides general awareness to what slips, trips and falls are, contributing factors that cause them, and tips on preventing these type of incidents. Please remember it is your responsibility as an employee to follow safe working practices and report any unsafe condition to your immediate supervisor. The campus has a goal of zero accidents and we need your support to ensure the safety of our campus community.

To report a slip, trip or fall hazard:

- Contact the Environmental Health and Safety Office via e-mail (safety@uncc.edu) or telephone (704-687-1111).
- Submit a work request in Facilities Management's [Archibus](#).



If you have any questions regarding slips, trips and falls, or other safety topics, please contact the [Environmental Health and Safety Office](#) at 704-687-1111.

Slips, Trips, and Falls

Slips generally occur when there is too little traction between a person's feet and the walking surface. The most common causes of slips are wet surfaces, spills, poor footwear tread, and ice or other weather-related conditions.

Trips occur when your foot strikes an object and throws you off balance.

Falls usually take place from one level to another. A few of the most common examples at UNC Charlotte are falling down stairs, using chairs as ladders, and falling from an elevated height.

Contributing factors to slip, trip, and fall incidents include:

- Lack of attention
- Wet or slippery floors
- Uneven pavement, holes in pathway or missing pavers
- Obstructions, like cords, across pathways
- Inadequate lighting
- Ice or snow

Prevention Tips

- Be aware of your surroundings at all times and pay attention.
- During wet weather conditions, wipe your feet on floor mats as you enter a building.
- Clean up spills immediately.
- Do not allow any objects you may be carrying to obstruct your view.
- Inspect work areas and remove all tripping hazards.
- Wear shoes with adequate tread and consider wearing shoes with slip-resistant soles.
- Walk up and down stairs, never jump from the last step, and always use handrails.
- Report poor lighting and broken pavement, sidewalks or handrails to Facilities Management or the EHS office.
- Never stand on a chair to reach a high object. Always use a ladder.
- When using ladders, select the proper type and size and use it properly.



GROUP DISCUSSION TOPICS

- Whose responsibility is it to identify slip, trip or fall hazards?
- Has anyone previously reported or corrected a slip, trip, or fall hazard?
- What can cause a slip, trip or fall incident to occur?
- Has anyone experienced or observed a slip, trip, or fall incident? If so, how could it have been prevented?
- Are there any slip, trip or fall hazards in your work area? If so, how can they be addressed?