SLIPS, TRIPS AND FALLS
OH MY!

IN THE US, THERE ARE MORE THAN 8.7 MILLION PEOPLE INJURED FROM SLIP, TRIP AND FALL INCIDENTS EVERY YEAR

Unfortunately for churches, injuries from slips and falls are consistently in the top three reasons churches go to court every year.

The good news is that slips, trips, and falls are largely preventable through inspections and preventive maintenance.

In order to provide a safe place for guests, consider 6 of the most common causes of slips and falls and evaluate what you could do at your church to reduce risk.

Foreign Substances
Foreign substances on the surface can adversely affect slip resistance. Most likely culprits are: ice, water, liquids, and grease. Check entrances, and keep them clean and dry.

Surface Conditions
Surface conditions including raised, recessed, and cracked sidewalks or curbing, potholes in parking lots, loose carpeting, loose or broken tiles, holes on the surface. As soon as an issue is identified, make repairs.

Level Changes
Floor or exterior walking surface height changes should be level. Ramps used for persons with disabilities should have a proper slope. Additional items to consider include non-uniform steps or stairs and curbing that is too high.

Obstructions
Items that can increase the likelihood of a trip and fall by impeding into a walking path: cords, hoses, parking lot bumpers, speed bumps and temporary storage areas. Your best bet is to mark or relocate if possible.

Stairs
Stairs with more than three steps are a major source of falls. Typically result in serious injury and most often occur while descending. Ensure handrails are secure and easily grasped. Stair treads should be slip resistant, well maintained and free of defects.

Human Factors
Other considerations including age, shoe type, familiarity with the areas travelled, and physical challenges can contribute to a higher risk for these types of accidents.

SLIP TRIP & FALL PREVENTION TIPS

- Using neon or bright paint on leading step edges is a good practice.
- Walkways and stairs should have sufficient lighting as well as reflective strips.
- Non-Slip Mats should be used inside and outside of entryways to catch debris and water.

For More information go to InsuranceBoard.org