



## SLIPS, Trips and Falls

Did you know slips, trips, and falls constitute the majority of general industry accidents? They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.



Swimming pools are places where slip and fall accidents frequently occur. It is obvious that areas with so much water would be a common place for these types of accidents. In addition, concession stand products, such as ice cream and soda, can cause sticky messes and other hazards as well. With so many slick and dangerous surfaces, it is important to take precaution when at the pool. However, it is also the responsibility of the pool's owner to ensure they have done everything possible to make the pool a safe and fun place. This includes installing the proper equipment and employing the necessary staff so that the pool is a safe environment for everyone.

**Swim teams that host events are also responsible to help maintain a safe environment for all attendees.**

Slips, trips and falls result in thousands of injuries every year. Most common are musculoskeletal injuries, as well as cuts, bruises, fractures and dislocations.

- Slips occur when a person's foot loses traction with the floor. The most common causes are slippery floor surfaces (eg, highly polished, wet or greasy) and inappropriate footwear.
- Tripping occurs when a person unexpectedly catches their foot. In most instances, the objects people trip on are small and unobtrusive, such as cracks in the floor, uneven walking surface or electrical cords.

- Falls can result from a slip or trip, but many occur during falls from low heights, such as steps, stairs and curbs.

## Preventing Slips & Falls

Common methods for preventing pool injuries include:

- Ensure that walking surfaces are free from slippery agents. Liquid spills should be immediately cleaned up immediately to minimize exposure to slipping hazards.
- In controlled environments, (Office areas, restrooms, equipment room etc.) slippery walking surfaces need to be preceded by caution signs that warn they are entering a slippery area.
- On the deck: barricade, post warning signs or cover electrical cords and slippery areas.



## Running on deck can result in slips, trips and falls

Running on decks occurs when a person self imposes a “*Need to hurry*”, it can happen to anyone including coaches, officials, swimmers and parents. If you witness running on deck please remind those individuals to walk.

Accidents occur wherever we go. We are human and mistakes happen, to limit dangers and hazards we need to pay attention to detail and do our part to prevent injuries. Your safety comes first.



This information is provided to you by the IES Safety Committee