



# Slip, Trip, and Fall Prevention: Self-Inspection Checklist

Falls are the leading cause of nonfatal, unintentional injuries treated in hospital emergency departments according to data from the All Injury Program, a cooperative program involving the National Center for Injury Prevention and Control, Centers for Disease Control (CDC), and the Consumer Product Safety Commission (CPSC). Nearly eight million people are treated in emergency rooms for fall-related injuries.

According to the Department of Justice’s Americans with Disabilities Act (ADA), aisles that are too narrow, handrails that are too low or too high, or other architectural barriers can be dangerous for people with mobility disabilities. While government agencies work to keep people safe, workplaces have a great degree of flexibility in how they provide safe passage. This checklist highlights some common deficiencies though users are encouraged to modify it to incorporate potential slip, trip, or fall exposures at a facility.

## Walkways

	Yes	No	N/A
Are walkway surfaces stable and level?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are walkways slip-resistant under expected environmental conditions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are walkways free of surface contamination?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are walkways free of obstacles and clutter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are walkway surfaces clear of chips, cracks, slippery deposits, or elevations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is carpeting free of wear and tear?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Ramps and Stairs

Are slip-resistant stair treads and landings with abrasive stair nosings used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are stair risers uniform in height?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are stair treads of adequate width?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the handrail stable and sturdy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are handrails installed in accordance with ADA requirements?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Mats and Grates

Are walk-off mats or grates to control migration of soil and liquids at all building entrances or other frequently wet locations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there regular inspection of mats for buckling, curling, or other defects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are entry mats cleaned regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a supply of spare mats so that when a mat requires replacement, there is no delay?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	Yes	No	N/A
Do mats have slip-resistant backing or are otherwise secured to prevent sliding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are grate openings small enough so that a shoe or heel will not catch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Contrast / Visibility

Are light fixtures clean to improve visibility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are contrasting colors used between walls and flooring to warn of physical hazards and mark obstructions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are transitions between surfaces marked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are mirrors used to improve sight-lines in blind corners?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the carpet design that is installed in walkways of a simple pattern, reducing the chance of distraction?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Floor Cleaning

Does the flooring manufacturer recommend specific cleaning products?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there a cleaning log maintained noting products used, surfaces cleaned, when and by whom tasks were performed, and cleaning procedures followed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are floors rinsed thoroughly to reduce any product buildup?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there checks to confirm that cleaning product label instructions are followed, as directed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are workers provided with a consistent level of product usage training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Spill Control

Are cones and spill control kits available for quick application?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are workers trained to quickly clean up spills and to remove signage once area is dry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are slip, trip, or fall incidents reported and reviewed to determine how to prevent recurrence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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