



Slips Trips and Falls

Slips, trips, and falls are no laughing matter. Across Centerstone from 09/10/23-09/09/24 there were 224 *reported client falls, 37% (N=82) of those falls resulted in injury. Additionally, there were 37 *reported employee falls and 57% (N=21) were were injury. An average person takes 8,000 steps/day. Exposure to slips, trips, and falls comes with every step and diligence is needed to stay safe an on our feet. (*Reported via RL6, Centerstone's incident reporting system).

Safety Tips:

Be Weather Aware

Wear the proper footwear that matches conditions. Wear shoes with traction when inclement weather is forecasted. Slow down, and "walk like a penguin" across indoor and outdoor wet or slippery surfaces-take short steps, keep your stance wide, step with flat feet, and keep your hand out of your pockets.

Use the Right Equipment

Do not use chairs or desks as ladders. Follow protocol to ensure that workspaces are safe (no wires running across floors), extra appliances, etc. Make sure walkways and work areas are clear of clutter when entering or exiting a car, use the door for support until your footing is sure.

Report Concerns

Follow your location/programs reporting process to make potential hazards known. Is there a hole in the parking lot? Report it! There is a spill in the hallway or kitchen, report it!

Stairs

Be aware of the condition of the stairs (are handrails or boards loose?). When carrying items up and down stairs do not obstruct your vision. When going up stairs lead with your strongest leg and when going down stairs, lead with the weaker leg. Always face forward. When possible carry items with one arm and keep the free hand on the rail.

Surroundings

Be aware of the flooring you are walking on, including rugs and transitions. Make sure if you use a rug that it is slip resistant with a rubber backing. Rugs on carpet are not recommended. If you see that a rug presents a trip hazard, please do your part and flatten it. Plastic floor protectors are encouraged for rolling office chairs. In general, be aware of your surroundings and the décor that may be placed on the floor. Excessive office decorations may also be trip hazards.

How to Contact the PSO

For any questions regarding this communication, or any other patient safety related concerns, please email patient.safety@centerstone.org or reach out to your local Patient Safety Organization (PSO) representative.