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

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

### Ramps and Stairs

- Are slip-resistant stair treads and landings with abrasive stair nosings used?  
  - Yes  
  - No  
  - N/A
- Are stair risers uniform in height?  
  - Yes  
  - No  
  - N/A
- Are stair treads of adequate width?  
  - Yes  
  - No  
  - N/A
- Is the handrail stable and sturdy?  
  - Yes  
  - No  
  - N/A
- Are handrails installed in accordance with ADA requirements?  
  - Yes  
  - No  
  - N/A

### 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?  
  - Yes  
  - No  
  - N/A
- Is there regular inspection of mats for buckling, curling, or other defects?  
  - Yes  
  - No  
  - N/A
- Are entry mats cleaned regularly?  
  - Yes  
  - No  
  - N/A
- Is there a supply of spare mats so that when a mat requires replacement, there is no delay?  
  - Yes  
  - No  
  - N/A
- Do mats have slip-resistant backing or are otherwise secured to prevent sliding?  
  - Yes  
  - No  
  - N/A
- Are grate openings small enough so that a shoe or heel will not catch?  
  - Yes  
  - No  
  - N/A
Contrast / Visibility

Are light fixtures clean to improve visibility?  
Yes  No  N/A
Are contrasting colors used between walls and flooring to warn of physical hazards and mark obstructions?  
Yes  No  N/A
Are transitions between surfaces marked?  
Yes  No  N/A
Are mirrors used to improve sight-lines in blind corners?  
Yes  No  N/A
Is the carpet design that is installed in walkways of a simple pattern, reducing the chance of distraction?  
Yes  No  N/A

Floor Cleaning

Does the flooring manufacturer recommend specific cleaning products?  
Yes  No  N/A
Is there a cleaning log maintained noting products used, surfaces cleaned, when and by whom tasks were performed, and cleaning procedures followed?  
Yes  No  N/A
Are floors rinsed thoroughly to reduce any product buildup?  
Yes  No  N/A
Are there checks to confirm that cleaning product label instructions are followed, as directed?  
Yes  No  N/A
Are workers provided with a consistent level of product usage training?  
Yes  No  N/A

Spill Control

Are cones and spill control kits available for quick application?  
Yes  No  N/A
Are workers trained to quickly clean up spills and to remove signage once area is dry?  
Yes  No  N/A
Are slip, trip, or fall incidents reported and reviewed to determine how to prevent recurrence?  
Yes  No  N/A

Contact

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