

Slips, trips and falls

An Aviva Risk Management Solutions guide

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Slips, trips and falls overview

Slips and trips are one of the most common causes of major workplace injuries. Slip and trip accidents cost employers over £500m per year and society over £800m per year* with 29% of non-fatal injuries to employees involving slips, trips or falls during 2019/20.**

Unfortunately, statistics like these don't stop many businesses from dismissing them as trivial, or simply as the result of workers not taking adequate care. Dig a little deeper, however, and there's a wealth of evidence that shows many are preventable, if we adopt a multidisciplinary, multifaceted approach to mitigating the risk.



“At Aviva, our proactive prevention philosophy to risk management allows us to help clients effectively manage the risks that may cause slip and trip injuries. By sharing information and advice on how to reduce the risks of slips and trips, we hope that this guide will help you continue to protect your people and your business from this perennial problem.”

Chris Andrews
Director of Aviva Risk Management Solutions

*HSE - <https://www.hse.gov.uk/slips/costs.htm>

** Health and safety at work Summary statistics for Great Britain 2020

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The fundamentals of slips, trips and falls management

Tackling slips, trips and falls means focusing on three fundamental areas: risk assessment, risk control and risk profiling.

Risk assessment

Undertaking detailed risk assessments on slip and trip hazards lets you create and implement a cohesive action plan. For further advice on conducting an effective assessment, please contact your Aviva Risk Consultant.

Risk control

Control and mitigation of risks, as far as is 'reasonably practicable', is the key to success. Too many businesses dismiss slips and trips as trivial and an acceptable residual risk. As we know this is not the case, we should look to allocate the appropriate time and resources it really requires to tackle them. It's worth it in the long run.

Risk profiling

Focus on analysing key root causes of loss to target risk management resources at slip and trip 'hotspots'. Once you know where the priority areas for improvement are, you can effectively target risk reduction measures to minimise future likelihood of injury.





Design and layout

As the hierarchy of control tells us, eliminating risks – rather than mitigating them – is the best possible way of preventing incidents. When it comes to slips, trips and falls, the design and layout of premises – both inside and out – can have a significant impact on the level of risk.

Key areas to consider

- Potential hotspots, such as stairs, steps, slopes, flooring and outside walking surfaces
- Areas where there are regular floor contamination risks
- Poor lighting
- Uneven surfaces

These should all be considered a priority for regular assessment and potential refurbishment.

Our Loss Prevention Standards on slips, trips and falls and top tips for trip prevention can provide you with further guidance.

[**Slips Prevention Loss Prevention Standard**](#)

[**Top Tips for Trips Loss Prevention Standard**](#)

What to look for inside

Stairs and steps

Careful design that eliminates hazards is important, as stair dimensions are a significant root cause of accidents. Use of correctly designed handrails can also make a big difference, as can reflective markers, clearly showing where feet should be placed.

Access and egress

Consider where environmental conditions, such as rain, snow and ice, could get into areas of high footfall, such as entrance lobbies or corridors. The correct positioning of entrance matting, provision of external canopies and grilles for solid contamination removal can all help reduce risk.

Barefoot areas

In areas such as swimming pools, spas and changing facilities, where people walk barefoot, you may find deposits of body fats and surface water on floors. Good cleaning practices, and effective drainage to minimise wet surfaces, can help reduce the risks.

For more information see:

[Building Regulations Section K](#)





Interior inspection, housekeeping and cleaning

Inspection, housekeeping and cleaning regimes all have their part to play in minimising incidents and near misses inside your premises. When designing your regimes, remember to consider:

Controllable factors

Floor/environment design, intended use and required footwear are all factors that can be changed or influenced.

Predictable factors

Expected user groups, footfall levels, human factors, contamination and weather conditions can often be reasonably foreseen and factored into your risk planning and mitigation measures.

What to look for outside

External areas

Car parks, footpaths, steps and stairs are common sites of slip and trip incidents, perhaps because these areas often receive minimal attention. Using accident and near miss data more effectively can help identify 'hot spots', where additional controls or remedial action could make a big difference.

Potholes

Local Highways Authorities have set standards for inspection and repair. It's a good idea for property owners to do the same as part of their risk assessment process. To help you get started, a copy of the latest Code of Practice can be found below.

Winter maintenance

Snow and ice clearance, leaf litter clearance, repairs, and maintenance of car parks and footpaths are essential components of a successful winter maintenance strategy, and great ways to minimise risk.

Inspection

Regular, documented inspections of all external areas should include the identification of slip and trip hazards as standard, with suitable remedial action taken to rectify any problems.

Snow and Ice Clearance Loss Prevention Standard

Highways Authority COP





Appropriate footwear and the GRIP scheme

Wearing appropriate slip-resistant footwear can reduce slip accidents and near misses. Therefore, making sure everyone is wearing the right footwear should form part of your slip and trip risk assessment and control.

The GRIP scheme has been developed by the Health and Safety Executive (HSE) to actively reduce slip incidents where footwear is implicated as a contributory cause. It allows footwear manufacturers to get their products tested and rated for slip-resistance. In turn, this helps businesses and employees find the right type for their work environment.

The scheme rates footwear from 1 to 5 stars. The higher the star rating, the higher the slip resistant qualities.

For further information see:

[GRIP Footwear Slip Resistance rating scheme](#)

Helping you control slips, trips and falls

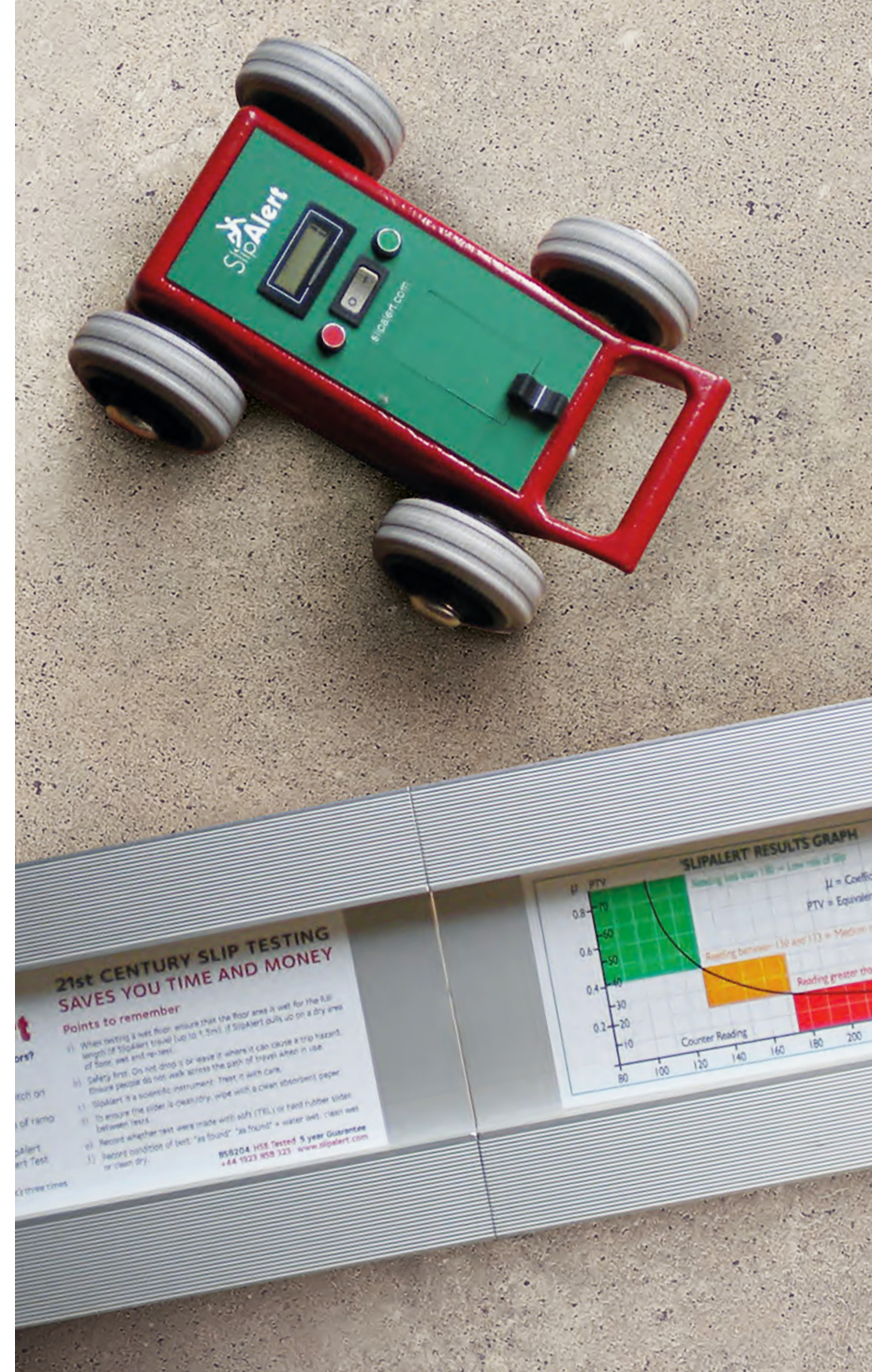
We can help you control the risks in your workplace, by undertaking slip alert testing as part of our risk management programmes.

By combining accident and near-miss data deep-dives with 'hot spots' and risk mapping, high-risk areas can be identified. This information is then presented to you in a client report, along with recommendations for improvement.

You may also wish to explore purchasing your own slip alert tools. Please contact your Risk Consultant for further information.

For further information on slip alert testing, click below.

[Slip Testing](#)





Working together to tackle slips, trips and falls

At Aviva Risk Management Solutions, we employ an integrated approach to slips, trips and falls. This combines in-house solutions, such as slip alert testing, with our Specialist Partners such as Bonasystems, a floor cleaning and anti-slip products company and other such specialists.*

Together, we can undertake a holistic approach to reviewing and refining your slips, trips and falls risk management. This could include:



Bonasystems Specialist Partner support

*Services available to Aviva customers at preferential rates.

For further support from Aviva Risk Management Solutions,
go to aviva.co.uk/risksolutions or speak to your usual Aviva contact

This document contains general information and guidance. It is not intended to be specific advice and should not be relied on as such. It may not cover every risk, exposure or hazard that may arise and we recommend that you obtain specific advice relevant to your circumstances. We accept no responsibility or liability in respect of any person who may rely upon this document.

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