CrewSigned

Slips, Trips and Falls Toolbox Talk

5-minute read-aloud · Last reviewed November 24, 2026

When we talk about falls we usually think about roofs and ladders. But a lot of the injuries on jobs like ours happen on flat ground. Someone slips on a wet floor, catches a boot on a cord, or steps off a curb they did not see. Those falls cause sprains, broken wrists, back injuries and head injuries, and they keep people off work for weeks.

A slip happens when your foot loses grip, like on water, oil, ice, mud, sawdust or loose gravel. A trip happens when your foot hits something and your body keeps going, like a cord, a hose, a board, a pothole or a change in floor height. Either one can put you on the ground before you can catch yourself.

The biggest fix is housekeeping. Keep walkways, stairs and exits clear. Run cords and hoses along the edges or overhead, not across paths, and cover them if they must cross. Pick up scrap, packaging and offcuts as you go instead of at the end of the day. Clean up spills right away, and if you cannot, block the area off and mark it.

Pay attention to the surface. Outdoors, watch for frost in the morning, wet leaves in the fall and mud after rain. Indoors, watch for freshly mopped floors, dust from cutting, and transitions from carpet to concrete. Use salt or sand on icy walkways and put mats at entrances.

Wear boots with good tread for the work we do, and replace them when the tread is worn flat. Slip-resistant soles help a lot on smooth or wet floors.

Watch your own habits. Do not carry loads that block your view of your feet. Use handrails on stairs. Do not run on the job. Put your phone away when you are walking. Take shorter steps and go slower on slick surfaces, keeping your weight over your feet.

Lighting matters too. If a stairwell or walkway is dark, tell me so we can get temporary lights in.

If you see a hazard, fix it if you can do it safely. If you cannot, mark it and report it. A thirty-second cleanup can save someone a broken wrist.

Discussion questions

1. Where is the worst trip hazard on this site today, and who will fix it?
2. What part of this site gets slick from rain, ice, oil or dust, and what can we do about it?
3. Are your boots right for the surfaces we walk on here?

OSHA standard

29 CFR 1910.22, Walking-working surfaces, general requirements
https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.22

SOURCES

OSHA Safety and Health Topics, Walking-Working Surfaces: https://www.osha.gov/walking-working-surfaces
Disaster Response: Protecting Workers from Slips, Trips and Falls QuickCard (OSHA 3907): https://www.osha.gov/sites/default/files/publications/OSHA3907.pdf
NIOSH, Falls in the Workplace: https://www.cdc.gov/niosh/falls/about/index.html

This talk does not replace training that an OSHA standard requires. Scripts are based on OSHA and NIOSH publications and rewritten in plain language.

Safety Meeting Sign-In Sheet

TOPIC

Slips, Trips and Falls Toolbox Talk

COMPANY

JOB / SITE

DATE

TIME

PRESENTER

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