

Prevent Slips, Trips & Falls

A tool to help identify human factors contributing to falls

After you have eliminated the physical hazards of slips, trips, and falls, it's time to dig in to contributing human factors. Research shows that these four states of mind frequently contribute to a large percentage of slips, trips, falls:

Rushing
Frustration
Fatigue
Complacency (“autopilot”)

You can use this interview tool (on page 2) following a slip, trip or fall to help identify if one of the states of mind was a contributing factor. The information gathered will serve two purposes:

1. It will help the person who was injured identify and learn about ways to limit the risks of specific states of mind
2. It will help safety administrators identify human factors data to better understand the causes of these common injuries. Collecting this data can part of your Slips, Trips & Falls plan for 2017.

Upon completion of the interview, provide the injured person with the relevant information sheet on rushing, frustration, fatigue, or complacency/autopilot.

FY 17 MnSAFE Annual Workplace Safety Management Plan for Slips, Trips and Falls

This year, we will be requiring all agencies to have a goal to create a slips, trips, falls reduction policy/plan and train their employees on that plan. Statewide we are targeting a 10% reduction by the end of FY18. The Risk Management Department will be providing resources to assist agencies in developing their plan.

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Here is some language to use when interviewing employees

As an employer, we are always trying to learn and improve our practices to ensure a safe working environment for all staff. Research tells us that many slips, trips, and falls are caused by circumstances that we can all do something about. The most common contributing factors to a slip, trip or fall are: rushing, frustration, fatigue, and being on autopilot.

We have 6 quick questions to ask you that will help educate us, and help you and others prevent future injuries.

Please check all of the answers that apply

1. On the day that you fell were you feeling tired?
 - Yes
 - No
2. When you fell, were you:
 - On time
 - Running late
3. When you fell, were you:
 - Carrying something?
 - Hands free?
 - Using your phone or tablet?
 - Talking with someone you were walking with?
 - Other (Please describe)
4. Research shows that four common states of mind contribute to a large percent of slips, trips, and falls. What state of mind do you think may have contributed to your slip, trip, or fall?
 - Rushing or in a hurry
 - Frustrated or irritated
 - Fatigued, tired, or short of sleep
 - On "Autopilot" or feeling complacent
 - Other (please describe) _____
5. Is there anything *we* could have been done to prevent the slip, trip, or fall?

6. Is there anything that *you* could have been done to prevent the slip, trip, or fall?

Upon completion of the interview, provide the injured person with the relevant information sheet on rushing, frustration, fatigue, or complacency/autopilot.