

COURSE CONTENT OVERVIEW

Slips, Trips and Falls



This Slips, Trips and Falls training course aims to help learners understand how to identify and prevent the slip, trip and falls hazards in their workplace. Slips, trips and falls are the most common causes of workplace injuries in all types of industries. This course will provide an understanding of the risk assessment process and help learners to recognise the risks, follow the appropriate control measures and work safely so as to prevent people from coming to harm.

Module 1: Introduction to Slips, Trips and Falls

This module provides an overview of slips, trips and falls in the workplace, including how they are defined, the common causes and contributing factors, who may be at greater risk and the potential consequences of incidents. It introduces key principles of prevention and highlights the wider impacts of failing to manage these risks effectively.

- What are slips, trips and falls?
- Causes of slips, trips and falls
- Principles of prevention
- Who is at risk?
- Consequences
- Physical injuries
- Impact on the workplace
- Legal consequences

Module 2: Responsibilities

This module outlines the legal duties and responsibilities of employers and employees in preventing slips, trips and falls. It also outlines each step of the risk assessment and introduces relevant British Standards for flooring and access equipment.

- Employer responsibilities
- Employee responsibilities
- Risk assessment
- Who should carry out a risk assessment?
- Step 1: Identify the hazards
- Step 2: Determine who may be harmed and how
- Step 3: Evaluate the risks
- Step 4: Record your findings and implement controls
- Step 5: Review and update
- The hierarchy of control
- Administrative controls – Safe systems of work
- PPE
- British Standards (BS)
- Ladders and stepladders
- BS EN131
- Reporting incidents and injuries

Module 3: The Slip Potential Model

This module introduces the Health and Safety Executive's (HSE) slip potential model, explains how different factors can combine to increase the risk of slip incidents in the workplace and outlines practical, preventative measures that can be implemented.

- The slip potential model
- Slip hazards
- Contamination
- Cleaning
- People (human factors)
- Flooring
- Environment
- Weather conditions
- Footwear

Module 4: The Trip Potential Triangle

This module introduces the trip potential triangle. It explores common trip hazards associated with each element and outlines practical steps that employers and employees can take to prevent such incidents from occurring in the workplace.

- The trip potential triangle
- Trip potential triangle – hazards
- Walkways
- Housekeeping
- Design and maintenance

Module 5: Preventing Falls

This module explains how to prevent falls on the same level and from height. It outlines common causes, safe working practices and key responsibilities, and provides guidance on the safe use and inspection of ladders, stepladders and kick step stools.

- Falls on the same, or from a different, level
- Preventing falls on the same, or from a different, level
- Safe behaviours
- What is a fall from height?
- Causes of falls from height
- Working at height
- Ladder and stepladder safety
- Pre-use safety checks
- Ladder safety
- Stepladder safety
- Kick step stools

Aims of the training

By the end of this course, learners will:

- Have an awareness of slip, trip and fall hazards and how they may develop in the workplace.
- Recognise what the law requires of employers and employees.
- Understand what's involved in a risk assessment of the workplace and be able to identify slip, trip and fall hazards.
- Know how to prevent slips, trips and falls by following appropriate safety measures.