

Trip and Fall Injuries

Many trip and fall injuries occur when people:

- Trip and fall down stairs, especially when the stairs are not adequately lit.
- Trip over an exposed concrete car stop while walking through a parking lot.
- Fall over objects, such as exposed electrical cords, uneven ground surfaces, and exposed tree roots.

You can take these easy steps to reduce trip and fall accidents:

- Remove extension cords, area rugs, pallets, or tripping hazards from walkways. If you must use an extension cord, route it away from walkways. As a last resort, tape the entire length of the cord to the floor. Use duct tape that is highly visible.
- Inspect your parking lot and repair holes in the asphalt. If possible, remove concrete car stops or paint them in a highly visible color.
- Make sure stairways are clean and free of tripping hazards. Make sure carpeting is secured and non-skid treads are applied to bare steps.
- Increase lighting on stairs and in dark walkways.
- Clean up! Remove clutter and boxes, especially from stairs and high-traffic areas. Clean up spills immediately.
- Inspect your property. Fill holes and depressions around your property, and remove exposed tree roots or drainage pipes.
- If a fall occurs, inspect the area immediately. Remove any hazards and inspect your premises for any similar hazards that need to be corrected.

If you have a safety or risk management question or a suggestion for a topic, please contact Markel's Risk Management Department at safety1st@markelcorp.com.