



**Flinders
University**



**Stay Upright.
Stay Aware.
Stay Safe At Flinders**

Important advice to maintain safety and awareness

Purpose and Safety Message

Purpose

Raise awareness of slip, trip and fall hazards and promote shared safety responsibility.

Common Hazards and Prevention

Identify typical causes and learn simple actions to reduce incidents.

Encouraging Proactive Safety

Focus on everyday behaviours to stay alert, report hazards, and follow safety procedures.

Campus Safety Culture

Promote a culture where everyone contributes to safety by identifying hazards and supporting one another.



Common Slip, Trip and Fall Hazards

Wet and Slippery Surfaces

Wet floors / surfaces from rain, spills, or cleaning cause slip hazards, especially on outdoor shaded pathways and stairs.

Uneven and Damaged Flooring

Uneven surfaces, cracked pavement, and poorly maintained flooring create a significant trip risk indoors and outdoors.

Indoor Clutter and Obstacles

Cluttered walkways, cords and equipment left in corridors contribute to indoor trip hazards.

Psychosocial & Human Factors

Rushing from one meeting to the next, carrying too many objects whilst navigating stairs and looking at mobile phones while walking all heighten the risk of a slip, trip or fall.



Slip, Trip and Fall

Impact of Slip, Trip, Fall Injuries

Injuries range from minor bruises to serious fractures and long-term damage, impacting health and wellbeing.

Prevention and Safety Culture

Proactive hazard management and awareness fosters safer environments and reduce incidents



Preventing Slips, Trips and Falls

Environmental Controls

Immediate cleanup of spills and use of clear wet floor signage reduce slip hazards effectively.

Appropriate Footwear

Wearing shoes with good grip and slip-resistant soles.

Safe Behaviour

Slowing down, avoiding use of phone while walking, and when carrying items maintain visibility or use other methods to transport items.

Maintain Clear Walkways

Keep walkways free of obstacles like boxes and equipment to prevent trip hazards.



Preventing Slips, Trips and Falls



Secure Electrical Cords

Cover or secure electrical cords and cables to avoid trips, especially in offices and labs.

Report Damaged Flooring

Promptly report damaged flooring, loose tiles, and worn stair edges for timely repair.

Practice Behavioural Awareness

Avoid rushing, maintain focus, minimise distractions, and use handrails on stairs and ramps.

Psychosocial Risk Factors and Controls



Psychosocial Risk Factors

Busy workload or back-to-back meetings cause people to rush, increasing the risk of a slip, trip or fall.

Plan Meeting Schedules

Consider travel time when planning meetings, either plan the meeting to finish earlier than scheduled or allow more time for travel.

Block out time in your calendar to prevent others scheduling back-to-back meetings.

Practice Behavioural Awareness

Look before you move, avoid distractions, walk at a slower pace, use a trolley rather than carrying items are actions that all assist in preventing a slip, trip or fall.



Shared Responsibility

Individual Responsibility

Everyone must stay alert and aware, recognise hazards, and adjust behaviour to prevent incidents.

Reporting Hazards

Promptly reporting hazards and near misses helps address risks before injuries occur.

Following Safety Procedures

Adhering to safety signs and instructions ensures consistent risk management across the campus.

University Safety Culture

Looking out for others by warning or assisting fosters a positive and safer environment.



Take Home Message



To **Stay Upright**, we all need to

Stay Aware of your surroundings,
report hazards when you see
them, and

By doing this, we can all **Stay
Safe At Flinders**

