



# SAFETY TIPS

## 2022 Slip, Trip & Falls

**Slip, Trip and Fall (S/T/F) events are becoming more prevalent across the Marine Corps. In the last 5 years, MARFORCOM Marines were involved in at least 85 S/T/F mishaps, in Ground/Off-Duty events. Many of these mishaps go unreported, however, of those that were reported, approximately 25% of them involved nearly 3 1/2 years total loss work time. The following tips will focus on these events and offer mitigation strategies to avoid becoming a S/T/F victim.**

**MISHAPS STATS:** There are significantly more on-duty S/T/F (56%) than off-duty (44%) events, within MARFORCOM, an indication that on-duty mishaps are reported at a much higher rate. In order to heighten awareness, mitigate recurrence and enhance mission readiness, we must ensure ALL S/T/F events are reported via the Risk Management Information (RMI) module within 30 days of the mishap.

The 85 S/T/F are categorized by their classification (and number of occurrences) **A(1)**, B(0), C(20), D(62), E(2) and where they occurred - on the same level (60%), including walking, jogging, training, MCMAP, PT and O-Course, or on different levels (40%), including falls from heights: vehicles, equipment, stairs/ladders, and training events (i.e. repelling/fast roping). Additional S/T/F analysis:

- **Activities Involved:** Training events/O-Course/Repelling (27%); MCMAP/Command PT (26%); Falls from Equipment/Vehicles (18%); Sports related (12%); Ladders/Stairs (11%); other (6%).
- **Causal Factors:** The most common causal factors of S/T/F include: Complacency; Not following SOP; Rushing; Not applying risk management (RM) principles; Lack of situational awareness; Inattention; Ignored warnings; Inadequate supervision; Loss of balance; Poor communication; Untrained.
- **Mitigation steps:** Look before you leap; Keep eyes forward/on path; Avoid walking/running where you cannot see; Maintain proper spacing from others; Follow SOP/TTPs; Adhere to ladder safety tenets; Ensure footing is secure; Wear appropriate PPE for task; Use RM during all on and off-duty activities.



**WHO'S IMPACTED:** Of the 85 S/T/F events, nearly 70% involved E-3/4, 95% were males, and the average age was 22 years. Approximately 15% of these events involved NCOs, less than 10% involved SNCOs, and 5% involved Officers. One of the 85 events involved a Sailor.



**S/T/F INJURIES:** Many of the S/T/F events involved significant injuries; the body parts most impacted are: Legs/Ankles/Feet (47%), Head/Neck (21%), Arms/Shoulders (18%), and Torso (7%).

**TIME OF OCCURRENCE:** Over the last five years, January and February are the months when most S/T/F events occur (14 each month); September had the fewest events (3). The overwhelming majority of these mishaps occur in the morning or early afternoon. Only 4% occurred between the hours of 2200–0500, an indication that factors such as fatigue and alcohol are generally not involved in S/T/F events.

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**MISHAP EVENTS:** The following are recent MARFORCOM S/T/F mishaps:

- Cpl, while on leave, fell from third story barracks railing. Died from severe head injury.
- MSgt, jumped and was undercut while playing basketball. Sustained fractured collarbone.
- LCpl, jumped into a foxhole during training and landed wrong. Fractured both ankles.
- Cpl, during MCMAP training (hip throw) landed wrong. Suffered dislocated shoulder.
- Cpl, fell through a hatch during AAV inspection. Sustained multiple injuries.
- LCpl, exiting Bearcat and lost footing. Fell and suffered a broken foot.
- LCpl, tripped going down the stairs at residence. Sustained a severe broken leg.
- Sgt, while rappelling, fell approximately 20 feet with ankle under body. Sustained broken ankle.

**HOME SAFETY:**

- ✓ Keep stairs debris-free; Always use handrails when descending stairs;
- ✓ Ensure stairs are well-lit; Monitor footing closely;
- ✓ Wipe up spills immediately; Secure rugs/mats with double-sided tape;
- ✓ Ensure proper lighting in and around home/stairs; Use nightlights if needed;
- ✓ Keep eyes on path traveled; look for S/T/F hazards and correct when found;
- ✓ Don't climb ladders when alone; select right ladder for the job; inspect prior to use; maintain 3-points of contact with ladders at all times; stay in center of ladder; use barricades to keep traffic clear; use proper lean ratio (4' to 1')  
- set ladder base 1 foot away from wall for every 4 feet it reaches up;



**WORK SAFETY:**

- ✓ Avoid rushing when exiting tactical vehicles; maintain handgrip until securely on ground;
- ✓ Use buddy system when using ladders; never rush ascending or descending a ladder;
- ✓ Keep shop floor free of debris, spills, clutter;
- ✓ Be especially mindful of footing when climbing down from equipment or tactical vehicles;
- ✓ Correct hazards on sight, or notify someone if hazard cannot be corrected immediately;
- ✓ Adhere to SOPs/TTP/Checklists, user RM, protect yourself and your fellow Marines;



**RESOURCES:**

<https://www.recoverhealth.org/confident-steps-fall-prevention-program-designed-to-keep-you-on-your-feet/>  
<https://safe.menlosecurity.com/doc/docview/viewer/docN7CA7000BBF61fca970f87a471324e631f25bce4893f4709380782dc8bdfa47f0e8047ecd897c>

Manage the Risk



Protect the Force