

# Older Women are at Higher Risk of Hospitalization from Slips, Trips, and Falls at Work

**Slips, trips, and falls on the same level** are the leading cause of work-related hospitalizations for Washington women, and the risk increases with age.

Among women, **workers age 55 or older account for over 75% of hospitalized slips, trips, and falls** on the job. Hip fractures are the most common hospitalized injury type.

## How do slips, trips, and falls happen?

### Slipping on:



- Wet floors
- Oily or slick surfaces
- Icy walkways & parking lots

### Tripping over:



- Boxes
- Mats, rugs, or cords
- Uneven walkways

## How to prevent slips, trips, and falls at work:

Make a slip/trip/fall risk assessment a regular part of your workplace safety program, and discuss fall prevention at safety meetings.

Train staff to recognize hazards, and to report them when found.

### In addition:

- Keep walkways clear of boxes, furniture, and other clutter
- Make sure rugs and mats lie flat
- Cover electrical cords
- Dry wet floors right away, or use signage to alert workers
- Clean up oil or other spills immediately
- De-ice sidewalks and parking lots
- Encourage appropriate footwear for environmental and work conditions
- Consider mirrors for busy corners

## Where do they happen most?

### Health Care & Social Assistance



- Hospitals
- Nursing, Residential, and Child Care Facilities

### Retail Sales



- Grocery and Department Stores
- Building and Garden Supply Stores

### Educational Services



- Elementary and Secondary Schools
- Colleges, Universities, and Professional Schools

This publication is based on information from Washington State workers' compensation claims for workers experiencing inpatient hospital admission within one day of the injury event, with hospital discharge dates from 2014 through 2022.

The **Work-Related Immediate Inpatient Hospitalizations Project** is part of the Safety & Health Assessment & Research for Prevention (SHARP). Learn more at [Lni.wa.gov/SHARP](https://lni.wa.gov/SHARP).