



# Slips, Trips and Falls

Falls are the second leading cause of unintentional injury-related deaths in the United States and in 2019, nearly 40,000 people died from falls that occurred at work or at home.

## These incidents include:

**SLIPS** on wet surfaces or ice



**TRIPS** over objects on the ground or floor



**FALLS** from a higher level, such as ladders, step ladders, roofs or any other higher level object or structure



In the Navy and Marine Corps, most fall injuries occurred going up or down stairs and during sports and physical training (PT).

However, several incidents involved falls from balconies where the member tried to climb up or fell off. In most cases the person died from their injuries.



Photo courtesy of IMCS Safety Flash 2015.



Read more at [www.navalcommand.navy.mil](http://www.navalcommand.navy.mil)

