LET'S PREVENT SLIP AND FALL ACCIDENTS WITH TENTOUBOUJII

Ministry of Health, Labour and Welfare　Saitama Labour Bureau

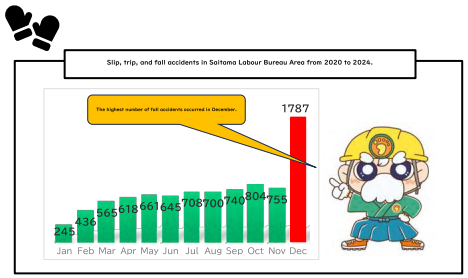
厚生労働省 埼玉労働局

Let's keep the workplace safe!

さ	作業に適した靴 Wear proper shoes.
い	いそがない Don't rush.
た	段差解消 Eliminate steps and level differences.
ま	まめな掃除 Clean regularly.

Let's take winter-specific measures!

- Check the weather forecast frequently. When a cold wave or heavy snowfall is expected, warn workers early.
- Walk and work with enough time. Do not rush.
- On icy surfaces, take small steps and place the entire sole of your shoes on the ground.
- During snowfall, clear snow and spread de-icing agents to make walkways safe.
- Daylight hours are shorter, and it gets dark earlier. Check that lighting levels in work areas and walkways are adequate.
- Do not use cell phones or do other tasks while walking!
- Keep your hands out of your pockets or sleeves while walking!



Let's add exercise and physical fitness checks!

- Take measures based on the Age-Friendly Guidelines (Scheduled to become official policy from April 1, 2026)
- Physical strength and ability vary greatly among individuals. Understand each worker's health and fitness level, assess fall risks, and take appropriate measures.
- Conduct risk assessments.
- Introduce exercises that help build body that is less likely to fall and less likely to be injured.
- Conduct the Locomotive Syndrome (Locomo) Test.

Let's utilize a checklist!

Slip, trip,and fall prevention checklist

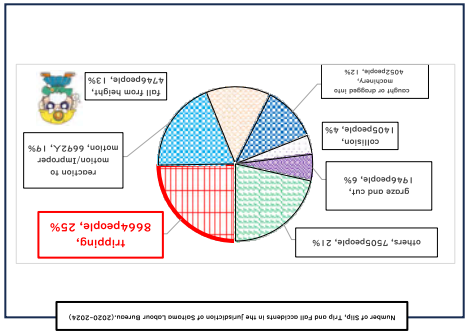
Let's check the hazards in your workplace.

☐ 1	Are there objects left in or on pathways, stairs and exits?	Make sure that walking areas such as aisles, stairs, and exits are kept clear and free of stored items.
☐ 2	Are puddles, ice, oil and powder on floors cleaned up and not left as they are?	If floors are contaminated with water, ice, oil, powders, or similar substances, remove them immediately.
☐ 3	Is adequate lighting (illumination) provided to ensure safe movement?	Maintain appropriate lighting levels so that workers do not trip over objects while moving.
☐ 4	Is education provided to prevent slips, trips, and falls?	Conduct training and educational programs on fall prevention.
☐ 5	Are work shoes appropriate for the job and inspected regularly?	ProvideSelect and wear suitable work shoes, and regularly check them for wear, such as worn-out soles.
☐ 6	Are near-miss(close call) reports being used to create and share a hazard map of areas prone to fall?	Create a workplace hazard map and share hazard information with everyone.
☐ 7	Are warning stickers or signs posted at steps, uneven surfaces, or slippery areas?	Post stickers or signs in areas with fall hazards to raise awareness.
☐ 8	Do you put your hands in your pockets when walking?	Do not walk with your hands in your pockets. Use handrails when going up and down stairs.
☐ 9	Are exercises to prevent falls incorporated into the workplace routine?	Let's do stretching and light exercises regularly to help prevent falls. Also, review every day walking habits.

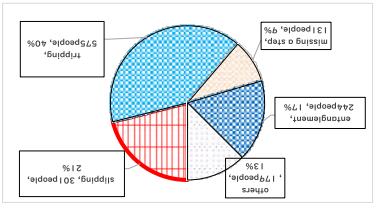
Source:Japan Industrial Safety and Health Association "Checklist for slip, trip, and fall prevention"

In recent years, occupational accidents resulting in four or more days off work have continued to rise. Among these, slip and fall accidents show a particularly significant increase. Within the Jurisdiction of Saitama Labour Bureau, approximately one in four occupational accidents is a slip and fall accident. Slip and fall accidents occur throughout the year, with a notable increase in December. Identify seasonal hazards in the workplace and take appropriate preventive measures in order to prevent slip and fall accidents in the workplace. As society ages, it is also important to address declines in physical strength and cognitive function. Improving facilities and equipment are also necessary. Physical capabilities vary widely among individuals. Therefore, the importance of soft measures, such as physical fitness assessments, is increasingly important.

Number of Slip, Trip and Fall accidents in the Jurisdiction of Saitama Labour Bureau(2020-2024)



Typical cause



As of the end of November, 2025

- Slipping on icy walkways or passages.
- Slipping due to spilled water, detergent, or oil.
- Slipping on walkways wet from rain.
- Tripping and falling with no obstacles.
- Tripping over obstacles out of work area or walkways (such as wheel stops)
- Catching one's foot on equipment or furniture in work areas or corridors.
- Catching one's foot on cables or cords in work areas or corridors.
- Missing steps in dark areas.
- Missing steps on stairs while carrying items with both hands and not seeing the floor.
- Feet becoming tangled.

Many accidents are caused by tripping.

Even clear floors can be dangerous. Stay alert!

How can we prevent slip, trip, and fall accidents?

Let's do 4 S(Seiri(tidy) · Seiton(orderly) · Seisou(Clean) · Seiketsu(Sanitary)) activities.

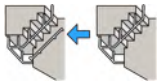
整理 整頓 清掃 清潔 4S

Do not put things in walkways.

Keep the floor dry.

Remove steps and level differences and visualize dangerous areas.

Install handrails and anti-slip materials.



Post warning signs.

転倒危険!: Fall over hazard!　足元注意:Watch your step 段差注意:Caution step

Choose footwear that is suitable for the task, such as slip-resistant shoes!

- Do they fit your feet properly?
- Is the weight balanced from heel and toe?
- Can the toe area bend naturally?
- Does the shoe have adequate toe spring?
- Are the shoes worn down?
- Have you checked the slip-resistant?

Be careful with the Slip Resistance of Winter Shoes!!

Not all slip-resistant shoes work the same way. Each type requires different safety measures.

- for water & oil
- for ice & snow
- for powdery surfaces

Most slip-resistant shoes are designed for water and oil. They may slip on snow or ice. Even slip-resistant shoes require extra caution outdoors in winter.

Important!

The right safety shoes depend on the worksite. Consult manufacturers or retailers when selecting footwear.