

# Slips, Trips and Falls

## THE HUMAN FACTORS

How we act, behave and think can contribute to the risk of slips, trips and falls. Here are **six human factors** to keep in mind.



### COMMUNICATION

How do you communicate or comprehend risks?



### FATIGUE

How do you act or perceive risks when you're tired?



### CAPABILITY

Do you carry out tasks beyond your capabilities?



### BEHAVIOUR

Do you rush around or take shortcuts?



### PERCEPTION

How do you absorb information about your environment?



### PERSONALITY

Do you ignore instructions or take risks?