



# Get the Facts: Workplace Fall Injuries

Slips, trips and falls were the second leading cause of workplace death in 2024 and the third leading cause of workplace injuries resulting in days away from work from 2023-2024 – a real safety threat. Falls can happen anywhere. Whether it’s working at heights or tripping on the same level, you always need to keep your eyes out for hazards. Better understanding the data can help you prevent needless injuries.

## Falls injuries and illnesses involving days away from work, 2023-2024

### Falls to a lower level

**87,880** injuries or illnesses involving days away from work

Typical work days lost: 20

Gender

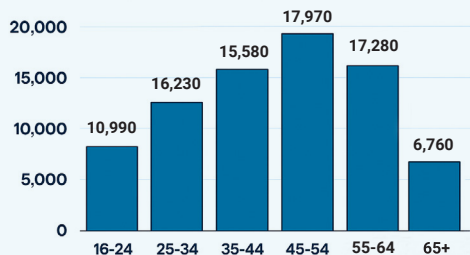


25%

75%  
Male



Age group



Part of Body Affected



22% Upper extremities



15% Trunk – primarily back



37% Lower extremities

Top 3 Nature of Injury



26% Sprains, strains and tears



22% Fractures



13% Bruises, contusions

### Falls to the same level

**264,920** injuries or illnesses involving days away from work

Typical work days lost: 11

Gender

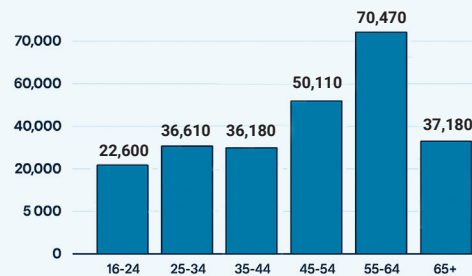


42%

58%  
Female



Age group



Part of Body Affected



26% Upper extremities



13% Trunk – primarily back



33% Lower extremities

Top 3 Nature of Injury



27% Sprains, strains and tears



19% Bruises, contusions



13% Fractures

Visit [injuryfacts.nsc.org](https://injuryfacts.nsc.org) to get additional detail on slips, trips and falls.