

Slip, Trip or Fall Accident Checklist

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What to do next to protect your health — and your claim

If you've slipped, tripped or fallen in a shop, restaurant, hotel, care home, leisure venue or car park, this checklist helps you record the right details and keep the evidence you may need later.

Tip: Try to complete Steps 1–5 within **24 hours** where possible.

Immediate Actions (Do this today)

1. **Get to a safe place** — Move somewhere safe, ask for help, and don't try to "walk it off" if you're hurt.
2. **Get medical attention** — Attend A&E, urgent care or your GP. Make sure the medical notes record what happened and your symptoms.
3. **Report the incident to staff/management** — Ask for it to be logged and request the incident reference number, plus the name/job title of who you reported it to.
4. **Take photos and video evidence (before conditions change)** — Capture the hazard, the wider area, warning signs (or lack of them), lighting conditions and your injuries.
5. **Get witness details** — Ask anyone who saw the incident (or the hazard beforehand) for their name, phone number and email (if possible).

Record the Key Details (Use this as your incident log)

- **Date:** ____ / ____ / _____
- **Time:** _____
- **Location (be specific):** _____
- **What caused the slip/trip/fall?**

- **Were there any warning signs?** Yes No Not sure
If yes, where were they placed? _____
- **Did any staff acknowledge the hazard?** Yes No
Notes / name (if known): _____
- **Incident report reference number (if given):** _____
- **Reported to (name & job title):** _____

Keep Evidence of Your Losses (Over the next few weeks)

6. **Keep receipts and proof of costs** — medication, treatment, physio, travel expenses, damaged items.

7. **Track time off work and lost earnings** — wage slips, fit notes, employer confirmation of missed hours or reduced duties.
8. **Keep a simple recovery diary** — pain levels, mobility issues, sleep disruption and any help you needed at home.

Common Mistakes to Avoid

- **Don't assume it's "not serious"** — symptoms can appear later.
- **Don't rely on CCTV being kept** — footage is often overwritten quickly.
- **Don't throw away shoes/clothing** — keep them safely in case they matter.
- **Don't delay getting advice** — evidence is easiest to gather early.

Final Step: Get a Free Claim Check (No obligation)

You may be able to claim compensation if the accident happened because a business didn't take reasonable steps to keep visitors safe.

Start your claim enquiry:

<https://injury-specialists-direct.com/isd-slip-trip-fall-injury-compensation>
