



Slip, Trip & Fall Prevention Awareness Tips

- *What can YOU do to avoid slipping at work?*
 - Take your time
 - Pay attention
 - Adjust stride to the task
 - Walk with feet pointed slightly outward
 - Make wide turns at corners.
 - Don't block your vision when carrying
- *What can YOU do to avoid tripping at work?*
 - Sufficient Lighting
 - Close your desk drawers when not in use
 - Pick up briefcases, handbags and secure wires around your desk
 - Keep cords, hoses, etc. out of walking paths
 - Always watch where you are walking
 - When carrying or pushing objects, never block your view of the floor
- *Prevention*
 - Use Stairs Safety
 - Use handrails
 - Walk—don't run
 - Inspect for slippery surfaces or damaged steps
 - Do not put objects on steps
 - Don't skip steps
- *Good housekeeping*
 - Clean up spills immediately
 - Mark spills and wet areas
 - Remove obstacles from walkways
 - Keep walkways free of clutter
 - Secure mats, rugs and carpets
 - Close file cabinet or storage drawers
 - Cover cables that cross walkways
 - Keep working areas and walkways well lit
- *Footwear*
 - Advantages
 - Soft rubber sole for slip resistance
 - Sole tread with channels
 - Properly fitted
 - Increased comfort
 - Prevent fatigue
 - Improve safety
 - Still need to walk carefully
- *Inclement Weather*
 - Slow down to react to a change in traction
 - Watch for ice
 - Wearing slip-resistant shoes or overshoes
 - Carry your work shoes
 - Treat walking surfaces
 - Wet shoes on dry floors – Caution !
- *What if a Fall Cannot be Avoided*
 - Naturally, the goal is not to slip, trip or fall but, if you do try to:
 - Tuck your chin in, turn your head and throw up an arm.
 - Better to land on your arm than your head
 - While falling, twist or roll your body to the side.
 - Better to land on your buttocks and side than on your back
 - Keep your wrists, elbows and knees bent.
 - Try not to break your fall with your hands or elbows. Spread the fall to as much of your body's surface as possible