

# WHAT CAN I DO TO PREVENT SLIPS, TRIPS, AND FALLS?

## WORK AREA



- Wear appropriate slip-resistant shoes
- Slow down to negotiate turns, corners, obstacles, and areas of limited visibility
- Keep workspace and walkways clean, clear, and well lit for you and your visitors

## WET FLOORS



- Clean up wet areas and spills immediately
- Make sure signs warn others of the danger of wet surfaces when mopping
- Use caution in areas where wet floors are likely: entrances, rest rooms, and mopped floors

## PARKING LOT AND GROUNDS



- Stay alert for uneven surfaces
- Watch for curbs and potholes when moving between vehicles
- Assume there is ice if the temperature is close to freezing; slow down and take short strides

## STAIRS



- Take only one step at a time
- Keep one hand free to grasp the handrail
- Limit your load and make sure your vision is not obstructed

## CORDS



- Do not allow electrical cords or other objects to extend across a walkway
- Tie up any cords that might pose a trip hazard
- Tape down or secure cords temporarily located in traffic areas

## LADDERS



- Stand on a ladder instead of a chair, table, bucket, or box
- Use the correct ladder for the job
- Never step on the top platform of any ladder, including a stepladder