



## Preventing Slips, Trips, and Falls: Stay Steady, Stay Safe

### Did You Know?

- Slips, trips, and falls are among the most common and preventable workplace accidents.
- They are relevant year-round but particularly important in November due to weather-related hazards like wet or icy surfaces and reduced daylight.

### Common Hazards

1. **Wet or Icy Surfaces:**
  - Rain, ice, or frost can create slick walking surfaces.
2. **Cluttered Work Areas:**
  - Tools, equipment, and materials left in walkways.
3. **Poor Lighting:**
  - Dim or insufficient lighting in stairwells or outdoor areas.
4. **Uneven Surfaces:**
  - Unmarked steps, cracks, or other irregularities in walking areas.

### Preventive Measures

- **Clean as You Go:** Keep all walkways, staircases, and work areas clear of clutter and debris.
- **Use Proper Footwear:** Wear slip-resistant shoes suitable for the environment.
- **Inspect and Repair:** Check for spills, loose cords, uneven flooring, or other hazards and address them immediately.
- **Utilize Handrails:** Always use railings when on stairs or elevated surfaces.
- **Light It Up:** Ensure adequate lighting in work areas, especially during darker winter months.
- **Report Hazards:** If you see a potential hazard, report it to your supervisor immediately.

### Seasonal Safety Tips

- **Prepare for Ice:** Salt or grit icy walkways before starting work.
- **Stay Dry:** Wipe wet shoes at entrances and encourage coworkers to do the same.
- **Watch for Leaves:** Wet leaves can be as slippery as ice—clear them from work areas.

### Discussion Questions

1. Have you seen or experienced a slip, trip, or fall on the job? What caused it?
2. What measures could we take to prevent such incidents here?

### Closing Thought

"Every step matters—taking small precautions can prevent big accidents. Stay alert, stay steady, and stay safe."

### Team Checklist for Slips, Trips, and Falls

- ☐ Are walkways and work areas free of clutter and debris?
- ☐ Are wet or icy surfaces treated with salt, grit, or mats?
- ☐ Is the lighting adequate in all work areas?
- ☐ Are tools and materials stored properly?
- ☐ Have all hazards been reported or addressed?