



## Avoid Slips, Trips & Falls

Slips, trips and falls are one of the main reasons for an industrial injury in the United States. Most injuries resulting from falls aren't caused by falls from overhead, as you might think. They are from falls at ground level or floor level where we walk and work.

### Tips to avoid Slips, Trips, and Falls

- **Housekeeping of a high standard is most important to maintain a safe work area. Don't leave trip hazards in the work area.** Equipment and spare parts should be kept neatly in one place. Remove rubbish, scrap, and other trash constantly. Clean your work area when the job is complete. Don't leave loose debris lying around if you leave your work area.
- **Consider your work surface area.** Avoid walking or working on irregular rough ground surfaces. Don't short cut over rough areas. Work on stable ground and make sure you have firm footing.
- **Pay attention to your movements and surroundings.** Focus on where you're going, what you're doing, and what lies ahead. Expect the unexpected. Take responsibility for fixing, removing, or avoiding hazards in your path. Wear sturdy shoes with nonskid soles and flat heels. Avoid baggy or loose pants you could trip over. Walk, don't run. Wipe your feet when you come in from rain or snow and realize that floors will be slippery during these times so shorten your stride. Report any burned out lights or inadequate lighting.
- **Don't sit in chairs incorrectly.** Sit in chairs with all four legs on the floor. Make sure all wheels or casters are on the floor. Be aware of your surroundings before getting up out of your chair so as to not push the chair into the path of someone else.
- **Keep walkways, aisles and stairs clear.** Avoid leaving tools, bags and other hazards along paths that people walk along. Clean up any leaks or spills on floors, stairs, entranceways and loading docks promptly. Repair or report floor problems, such as broken planks, missing tiles, frayed carpet, etc. Block off and mark floor areas that are being cleaned or repaired. Keep drawers closed.
- **Think safety on stairs and elevated surfaces.** Report missing or broken stair rails and slippery or damaged treads. Walk, don't run, on stairs. Hold onto stair rails while going up or down. Don't carry a load you can't see around on stairs or around docks. Don't jump on or off platforms and loading docks and stay away from edges.
- **Wear the right shoes for the right job.** Wear slip resistant shoes if working on slippery surfaces. When working on ladders wear a boot with a 90-degree heel to help grip the rungs. When wearing high heels, be aware of tripping hazards.



**SAFETY REMINDER A viral video of someone slipping and falling might make us laugh; but if you are the one hurt and unable to work, you won't be laughing so much.**