

Preventing Slips, Trips & Falls

One Step at a Time

Ways to
REDUCE
the **RISK** of
Slips, Trips & Falls

PREVENT

Falls:

- Use appropriate, non-slip flooring material
- Provide adequate lighting



Common

CAUSES

Slips.....



- Slippery materials (water, ice, snow, oils, powders, granular solids)
- Slippery surfaces (polished tile or stone, smooth painted concrete or metal)
- Inappropriate footwear for the surface

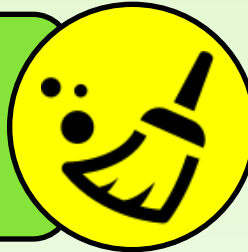
Trips.....



- Uneven walking surfaces
- Wrinkled carpeting, or loose rugs or mats
- Exposed or loose cables, or clutter on the floor or stairs
- Unexpected or unseen steps, platforms or thresholds
- Obstructions such as an open bottom filing cabinet drawer

PRACTICE good housekeeping

- Clean up all spills and debris immediately
- Keep walkways clear of clutter and obstacles
- Secure or cover cords or cables
- Mark or identify spills and wet areas



DO NOT let objects that you are carrying or pushing block your view

SELECT and WEAR proper footwear

- Match your footwear to the hazards of your environment. Change shoes at work if needed
- Keep footwear in good condition



SLOW DOWN and **PAY ATTENTION** to where you are going!
USE HANDRAILS when going up and down stairs.

TRAIN employees on slip, trip and fall prevention

- **CONDUCT** regular inspections
- **IDENTIFY** high-risk areas such as stairs, entrances and high-traffic areas
- Keep flooring in good condition



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