



Safety First

Slips/Trips/Falls – Prevent slips/trips/falls on the job and at home as well. Falls are a leading cause of injuries in the workplace and at home. Whether it's a slip, trip, or a fall, the resulting injuries can be painful and often severe. Here are some slip/trip/fall safety tips:

- Watch where you're going; walk, don't run.
- Never carry a load so high you can't see over it.
- Hold onto the railing when going up or down stairs.
- Use a stepstool or ladder to reach high places—never stand on a chair or climb on furniture, shelving, etc.
- Make sure ladders are set up securely on a firm and level surface.
- Immediately clean up all spilled materials or liquids.
- Remove trip hazards from aisles and walkways.
- Be cautious of doormats that are bunched up in front of doorways.
- Always turn on a light when entering a dark room, and report or replace burned-out lightbulbs.
- Be careful when walking outside in the dark or when weather conditions make surfaces slippery.

Important Fact: Two in six of all lost-time work injuries result from slips, trips and falls. Nearly 65 percent of these are same-level falls.