

## Reduce Slips, Trips, and Falls

Most slip, trip, and fall accidents can be prevented through proper housekeeping and training. Here are some practical tips for preventing slip-and-fall injuries in the workplace.

University of Florida researchers found that a number of specific behaviors can lead to slips, trips, and falls. These include:

- Walking too fast or running
- Getting distracted
- Not watching where one is going
- Carrying materials that obstruct view
- Wearing sunglasses in low-light areas
- Failure to use handrails

The researchers offered fall prevention tips in several areas including:

### **DO**

- Pay attention to where you're going and what's in the way.
- Walk, don't run.
- Wear sturdy shoes with nonskid soles.
- Keep aisles, stairs, and walkways clear of tools, materials, cords, etc.
- Fix or report broken flooring, stair rails or steps, ladders and burned-out lights.
- Clean up leaks and spills promptly.
- Block off and mark floor areas being cleaned or repaired.
- Dispose of trash promptly and properly.
- Close drawers.
- Stay away from dock and platform edges.
- Walk slowly, sliding your feet, on slippery surfaces.

### **DON'T**

- Wear baggy pants you could trip over.
- Use chairs or boxes instead of a ladder to reach high places.
- Carry loads you can't see over, especially on stairs.
- Jump on or off platforms and loading docks.
- Tilt back in a chair.

*When we share the responsibility for safety in the workplace, everyone wins!!*