

## SLIPS, TRIPS, AND FALLS

Slips and falls account for millions of work-related injuries every year, and an unguarded wet floor is just one of the many possible causes. It is important to spot unsafe conditions that could lead to slips and falls, and do what you can to prevent them

### Keep Safety in Mind

There are various ways to suffer slips and falls while working. You can slip and lose your balance, you can trip over objects left improperly in your walkway, or you can simply fall from an elevated position to the ground. To avoid slips and falls, be on the lookout for foreign substances on the floor, such as deposits of water, food, grease or oil, sawdust, soap, and other manufacturing debris.

Here are the top five things you need to know about slips, trips, and falls.

### 1. Good housekeeping

Clean your footwear when entering buildings.  
Use doormats at entrances during snowy and rainy weather.  
Pick up debris that is lying around.  
Keep surfaces dry and clean of debris.

### 2. Practice prevention

Walk in designated walking areas.  
Avoid shortcuts.  
Concentrate on walking.  
Avoid using cell phones while walking.  
Hold onto handrails when using stairs or ramps.

### 3. Walk slowly

Avoid running, walk safely, and do not change directions too sharply.  
During snowy, rainy, or icy days, walk like a penguin.  
Wear the right shoes that provide the best traction and support.

### 4. Clear walkways

Keep passageways clean of debris by using trash barrels and recycling bins.  
Extension cords, tools, carts and other items should be removed or properly barricaded off.

### 5. Use ladders properly

When climbing, use ladders of proper length.  
Keep ladders in good condition.  
Place ladders on a good foundation.  
Don't over reach.  
Use three points of contact while climbing.

## Discussion

- 1. In your work areas, what type of slip, trip, and fall hazards to you see? What have you done to make it safe?**
- 2. Can anyone share an experience?**

Training Name: **SLIPS, TRIPS, AND FALLS**

Date of Training: \_\_\_\_\_

**Print Name****Sign Name**

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