

Safety Spotlight



Practical tips to keep you safe

Avoiding Slips, Trips & Falls

Watch Your Step

Slips, trips and falls are a major cause of accidents, both on and off the job. While some of these accidents are minor, others are serious – resulting in disabling injuries. You can prevent slip and fall accidents by paying close attention to what you are doing and where you are going.

Causes of Slips, Trips & Falls

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Sloped walking surfaces
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without skid-resistant surfaces
- Weather hazards



Reduce Wet or Slippery Surfaces

- Use moisture-absorbent mats with beveled edges in entrance areas. Make sure they have backing material that will not slide on the floor.
- Display "[Wet Floor](#)" signs as needed.
- Use anti-skid adhesive tape in troublesome areas.
- Clean up spills immediately.

Avoid Creating Obstacles in Aisles and Walkways

- Keep all work areas, passageways, storerooms and service areas clean and orderly.
- Do not string cords, cables or air hoses across hallways or in any designated aisle.
- In office areas, do not leave boxes or files in the aisles.
- Close file cabinet drawers after each use.

Tips to Avoid Slips, Trips, and Falls

- Don't text while walking
- Scan your path to make sure nothing is in your way
- Maintain a neat workspace
- Wear the right shoes for the job
- Hold handrails when using stairs or ramps
- Take your time – Don't rush!
- If you see a spill, clean it up.
- Report any hazards