

WHAT CAN I DO TO PREVENT SLIPS, TRIPS, AND FALLS?

WORK AREA



- Wear appropriate slip-resistant shoes.
- Slow down to negotiate turns, corners, obstacles, and areas of limited visibility.
- Keep workspace and walkways clean, clear, and well lit for you and your visitors.

WET FLOORS



- Clean up wet areas and spills immediately.
- Make sure signs warn others of the danger of wet surfaces when mopping.
- Use caution in areas where wet floors are likely: entrances, rest rooms, and mopped floors.

PARKING LOT AND GROUNDS



- Stay alert for uneven surfaces.
- Watch for curbs and potholes when moving between vehicles.
- Assume there is ice if the temperature is close to freezing; slow down and take short strides.

STAIRS



- Take only one step at a time.
- Keep one hand free to grasp the handrail.
- Limit your load and make sure your vision is not obstructed.

CORDS



- Do not allow electrical cords or other objects to extend across a walkway.
- Tie up any cords that might pose a trip hazard.
- Tape down or secure cords temporarily located in traffic areas.

LADDERS



- Stand on a ladder instead of a chair, table, bucket, or box.
- Use the correct ladder for the job.
- Never step on the top platform of any ladder, including a stepladder.

Is it time to replace your footwear?

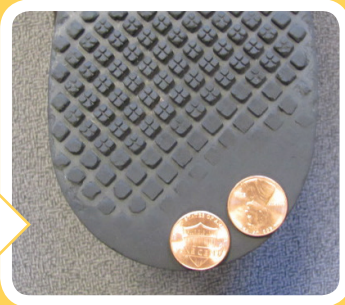
Replace your shoes when the worn area of the sole is larger than two pennies.



New shoes with no signs of wear.



Some signs of wear, but no need to replace yet.



It's definitely time to replace these shoes.

More reasons to replace footwear:

- Cracks in the sole go all the way through.
- Chunks or pieces of the sole are missing.
- The sole begins to separate from the upper.
- The fabric or leather on the top of the shoe develops holes.

Slips, trips, and falls cause **15%** of all accidental deaths, second only to motor vehicles.

Falls and equipment mishaps are the two most common causes of injury for younger workers.

Falls are the leading cause of both fatal and non-fatal injuries for adults ages **65** and older.

In the workplace, slips, trips, and falls cause over **300,000** injuries per year, and average one every two minutes

Occupational Safety and Health Administration
and the National Safety Council

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PREVENT SLIPS, TRIPS, AND FALLS



IF YOU NOTICE A HAZARD, ACT.