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.
Slips, trips, and falls are a leading cause of accidental death in the workplace, 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

---

**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.

For printable posters and brochures visit: [saif.com > Safety and Health > Posters and forms](https://saif.com/safety-and-health/posters-and-forms)