

# Preventing slips, trips, and falls

## Objective

Lead a discussion about best practices for preventing slips, trips, and falls in the classroom.

**Background:** Slips, trips, and falls are a leading cause of classroom injuries. Cords running across the floor, boxes on the floor, dropped papers, and even paperclips can be slip or trip hazards, especially when you are distracted or your view is obstructed.

**Consider asking:** Has anyone here ever slipped, tripped, or fallen in the classroom? Will you share your experience to prevent it happening to others?

**Ask:** What are the best practices for preventing slips, trips, and falls?

- Practice good housekeeping.
  - Pick up fallen items right away.
  - Recognize teachers for excellent housekeeping.



- Secure cords. Think about:
  - Taping the cord to the floor
  - Securing the cord with a Velcro strip
  - Using plastic or rubber cord covers



- Gather excess cords with a twist tie or Velcro strip so they don't spill into walking areas.
- Use a power strip with a longer cord to position cords out of walkways.
- Move furniture so cords are closer to plug-ins.
- Wear shoes with good traction and closed heel and toe.
- Look where you are going, and go where you are looking.
- Walk, don't run.
- Get enough sleep. Being well rested improves alertness.

**Ask:** Any safety concerns or suggestions?