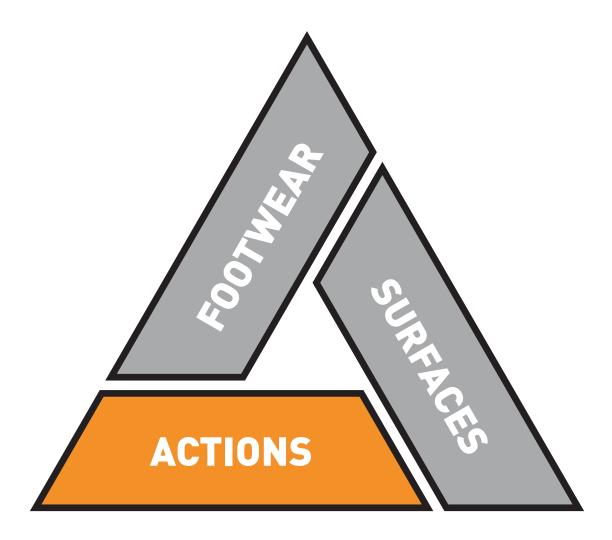
# PREVENT SLIPS, TRIPS, AND FALLS







## **Adjust stride:**

- Normal stride Dry surface
- Short stride Wet, snow, or debris on surface
- Penguin stride Slippery or icy surface
- No running except in an

### **Turn sideways:**

- On a slope
- When stepping over large objects
- Ducking under obstacles

# Housekeeping:

Secure cords

#### emergency

 Lift feet while walking to avoid tripping

# Organize workspaces

- Every item has a place
- Put items away as you work



- Pick up debris/trash
- Clean spills right away

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