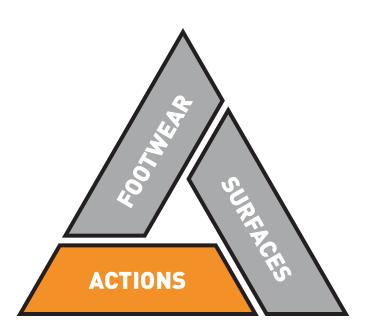
## PREVENT SLIPS, TRIPS, AND FALLS

# Actions





#### **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 emergency
- Lift feet while walking to avoid tripping

#### **Organize workspaces**

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

#### **Turn sideways:**

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

### Housekeeping:

- Secure cords
- Pick up debris/trash
- Clean spills right away

