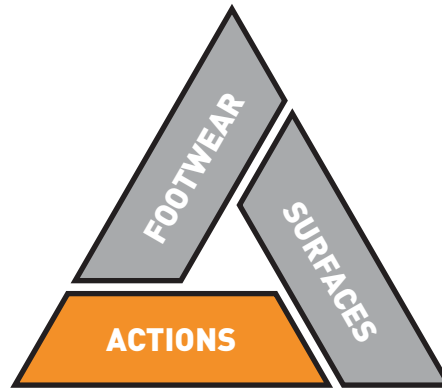


Stop the Fall

Actions



Takeaways

- Take action to prevent injuries from slips, trips, and falls.
- Adjust your stride to fit the conditions of your work area.
- Turn sideways in situations where you need extra stability, like walking on a slope.
- Keep workplaces clean and organized to prevent slips, trips, and falls.

There are many simple actions you can take to prevent slips, trips, and falls at home and at work.

Adjusting your stride can help you stay safe in different types of weather and environmental conditions. Use a normal stride on dry surfaces and a shorter stride on wet or snowy ground. If the surface is slippery or icy, walk like a penguin by shortening your stride and keeping your arms out for stability. Use a shorter stride if there is debris in your walkway.

Don't run unless there is an emergency.

You can also turn sideways in situations like walking on a slope, or stepping over and ducking under obstacles for extra stability.

General housekeeping is also key to slip, trip, and fall prevention. Keep your workplace organized and put things away while you work. Be sure to secure all cords, clean up spills, and pick up debris and trash. Throw trash away properly and make sure every item has its place.



Take action (Complete one or more activities as a team)

- GROUP DISCUSSION:** Have a conversation about your workplace conditions. Do you face snow or icy conditions? Are walkways cluttered? When does it make sense for you to adjust your stride? What else can you do to prevent slips, trips, and falls in these conditions?
- FIELD TRIP:** Take a walk around the work area to identify potential hazards. Where would you take actions like walking sideways or using shorter strides? What type of obstacles may be in your way as you walk?
- ACTIVITY:** In a safe area, set up a messy workplace. Work together to be sure debris, trash, spills, etc. are taken care of properly. Ensure that people know where items should be stored and where to dispose of trash.

