

SafetyToolboxTalks

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Slips, Trip and Falls - Pay Attention

Slips, trips and falls is the number 1 reason for an industrial injury in the United States. Thousands of disabling injuries—and even deaths—occur each year as a result of slips, trips, and falls:

- From heights, on stairs, and on level ground
- At work and at home

Pay Attention to Your Movements and Surroundings

Focus on where you're going, what you're doing, and what lies ahead.

Expect the unexpected.

Take responsibility for fixing, removing, or avoiding hazards in your path.

Wear sturdy shoes with nonskid soles and flat heels.

Avoid baggy or loose pants you could trip over.

Walk, don't run.

Wipe your feet when you come in from rain or snow.

Report or replace any burned out lights or inadequate lighting.

Watch out for floors that are uneven, have holes, etc.

Keep your hands at your sides, not in your pockets, for balance.

Don't carry loads you can't see over.

Walk slowly on slippery surfaces. —Slide your feet and avoid sharp turns.

Sit in chairs with all four chair legs on the floor.

Make sure all wheels or casters are on the floor.

Be constantly alert for—and remove or go around—obstructions in your path.