



## Checklist

# Slips, Trips & Falls

Slips, trips and falls are the No. 2 cause of nonfatal disabling injury in the workplace following overexertion. Fortunately, by being aware of our surroundings, slips, trips and falls are easily preventable.

Reduce tripping hazards with these tips:

- ✓ Be aware of your surroundings
- ✓ Don't talk or text on your phone while walking
- ✓ Clean up spills and dry wet floors immediately
- ✓ Identify potential hazards with proper signage
- ✓ Mark uneven surfaces (tile, carpet, etc.)
- ✓ Clear clutter from work areas
- ✓ Use handrails in stairways
- ✓ Secure electrical and phone cords away from pathways
- ✓ Never carrying a load that's too heavy and/or obstructs vision
- ✓ Wear slip-resistant footwear if needed

Focus on problem areas; inspect these areas on a regular basis:

- ✓ Doorways/entry ways
- ✓ Ramps
- ✓ Cluttered hallways
- ✓ Heavy traffic areas
- ✓ Uneven surfaces
- ✓ Areas prone to wetness and spills



**members  
get more**