

Preventing Slips & Falls

Slips and falls are one of the most common sources of injury in many workplaces, whether it's an office environment or a shop floor. You may be creating an environment for a possible fall without even knowing it.

Have you ever:

- run down a flight of stairs?
- walked along a corridor while reading something?
- worked on a machine with a greasy spill nearby?

Everyone can probably answer "yes" to at least one of the above.

Avoiding a fall is up to you.

- Check your shoes. What kind are you wearing? Are the soles loose or worn? If so, replace them.
- Look for tripping hazards. If you see something in an aisleway such as litter or extension cords, move or report them. Also watch for loose or torn carpeting, mats or runners that can send you or someone else stumbling and falling.
- Obey signs such as "Caution: Wet Floor." Be careful when you come indoors when it's raining or snowing. Your shoes or boots will slide more easily when wet.
- Clean up spills immediately.



- Don't carry heavy or bulky loads obstructing your view up or down stairs and ramps.

- Don't store things on or near stairways. Someone could trip and fall to the bottom.

- Keep your head up while walking. Don't run down a hallway and remember, no horseplay!

If you do fall:

- Keep your limbs parallel to the ground.

- Slap the ground with a hand and extended fingers to absorb part of the impact.

- Bend your arms toward the body.

- Try to roll onto your thighs or buttocks to prevent bone injuries.

- Don't move if you think you've hurt yourself. Wait for help.

Your employer is committed to preventing slips and falls on the job but it takes teamwork. Everyone must work together to make your workplace as safe and accident-free as possible. Develop the skills to recognize, avoid and control potential slipping and falling hazards to prevent injuries both on and off the job.

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