

Preventing Injuries from Slips and Falls

Moving Around Safely

Make the Workplace Safer

- Provide enough work space to avoid collisions.
- Provide proper storage so walkways and work areas are kept free of clutter.
- Keep electrical cords out of walkways. Have enough outlets so extension cords are not needed.
- Maintain carpets in good condition.
- Lay out the dining room and kitchen without tight or blind corners to avoid collisions.
- Have non-slip surfaces and handrails on stairs.

DID YOU KNOW?

Employers are required by law to give workers protective equipment and clothing if it's needed.

Some employers provide safe shoes with non-skid soles as part of the work uniform.

Follow Safe Work Practices

- Don't move too quickly.
- Don't carry items too tall for you to see over.
- Warn other workers when walking behind them.

Use Protective Clothing and Equipment

- Wear non-skid, waterproof shoes with low heels.
- Lace and tightly tie your shoes.
- Don't wear over-sized or baggy pants that could cause you to trip.

Spills and Clean-up

Make the Workplace Safer

- Have non-slip stable floor mats in good condition in areas that could get wet. But remember that moving heavy mats can cause back injuries.



Follow Safe Work Practices

- Clean up spills immediately.
- Clean floors regularly so grease does not build up.
- Use a clean mop with approved floor cleaners.
- Use warning signs to keep people off wet floors.

Falls When Reaching or Climbing

Make the Workplace Safer

- Provide enough ladders and footstools of the right size and keep them in good condition.
- Have good lighting in work areas, and in delivery and storage areas.
- Set up work areas to limit the need for reaching and climbing. For example, keep the most frequently used items on accessible shelves.

Follow Safe Work Practices

- Never use a box, cart, or other equipment to reach for objects. Use a ladder or footstool.