

RISK CONTROL SERVICES

SLIPS, TRIPS AND FALLS



Slips, trips, and falls typically come as a surprise. Both the risk of falling and the risk of injury increase with age. We all know that it's important to be aware of your surroundings, but here are some refresher tips that can help reduce the risk of an incident.

To Avoid Slips, Trips and Falls:

- Be alert! Watch where you're walking.
- Do not allow clutter to build up in walkways.
- Walk carefully on wet and waxed floors.
- Walk carefully around entryways on wet days, such as when it's raining or snowing.
- Install mats or non-skid mats to prevent slipping.
- Clean up or report spills.
- Wipe your feet when coming into a building from the rain or snow.
- Pick up any items you see on the floor regardless of whether you think someone may trip on them.
- Do not carry objects so high so that you cannot see where you are walking.
- Keep cords and cables out of pathways. Make sure they are covered.
- As you walk, check your path for anything sticking out, such as doors, trash cans, etc.
- Watch out for uneven floors or changes in elevation.
- Don't walk with your hands in your pockets.
- Don't text and walk. Keep your eyes on the area in front of you.

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- Use a step ladder to reach tall objects. Do not stand on a chair, box, or countertop.
- Remove all rugs or non-skid rugs that are loose or have bends that may cause a trip.
- If going outside in wet or slippery conditions, wear sturdy footwear with non-skid soles.
- Don't use outside walkways and stairs if it is snowing.

Stairway Safety

- Do not store any items in a stairwell. Not only can it cause a trip and fall, it can prevent escape in a fire.
- Use handrails and go at your own pace.
- Watch where you're walking. Watch out for loose or worn flooring. Always look ahead when using stairs.
- Never jump up or down the stairs.
- Take the stairs one step at a time. Do not rush up or down.
- Make sure that you have at least one free hand when using stairs so that you can use the handrail.
- Be cautious when using outside stairs if it is raining or snowing.
- Report any issues with stairways (worn flooring, broken/missing hand rails, poor lighting in stairwells)