

Tips to Avoid Slip, Trip and Fall Injuries

1. Parking Lots

- a. Stay alert for uneven surfaces
- b. Avoid curbs or pot holes
- c. Avoid areas with standing water or ice in parking lots, garages, sidewalks and driveways



2. Wet floors

- a. Clean up spills immediately
- b. Use “wet floor” signs when mopping
- c. Use caution when navigating through wet areas



3. Power cords

- a. Avoid placing loose cords across walkways
- b. Position any cords under desks against the back wall
- c. Tape down cords used temporarily in traffic areas



4. Stairs

- a. Take one step at a time
- b. Keep one hand free to hold the handrail
- c. Avoid carrying large loads that can obstruct your view



5. Ladders

- a. Use ladders instead of chairs, tables, buckets, etc.
- b. Use the appropriate ladder for the job
- c. Use the ladder as designated by the manufacturer



6. Distractions

- a. Stay focused and plan your travel path
- b. Avoid focusing on your phone or other electronic device
- c. If you get distracted, STOP WALKING, and then proceed

