

# Preventing Slips, Trips and Falls

## Preventing Slips

- Slow down and shorten your stride
- Use designated marked walkways
- Point your toes out slightly and make wide turns
- Wear shoes that provide adequate traction
- Clean up spills or leaks
- Designate safe storage areas for chemicals and equipment
- Be cautious on smooth surfaces

## Preventing Trips

- Take your time and watch where you are going
- Keep high-traffic areas free of clutter
- Keep power cords out of walkways
- Tape down extension cords
- Close file cabinet drawers
- Be careful when transitioning surfaces
- Secure loose carpeting and threads
- Be cautious when carrying a load
- Properly store ramps and gangplanks in loading dock areas

## Preventing Falls

- Ensure adequate lighting
- Repair loose or broken stairs and handrails
- Don't use stairs or aiseways as storage areas
- Remove service ladders with broken rungs or steps

