

# Slips, Trips, and Falls Dos and Don'ts

## Slipping Up on Safety Can Send You on a Trip to the Hospital

### DO:

- ✓ Pay attention to where you're going and what's in the way.
- ✓ Walk, don't run.
- ✓ Wear sturdy shoes with nonskid soles.
- ✓ Keep aisles, stairs, and walkways clear of tools, materials, cords, etc.
- ✓ Fix or report broken flooring, stair rails or steps, ladders, and burned-out lights.
- ✓ Clean up leaks and spills promptly.
- ✓ Block off and mark floor areas being cleaned or repaired.
- ✓ Dispose of trash promptly and properly.
- ✓ Close drawers.
- ✓ Stay away from dock and platform edges.
- ✓ Walk slowly, sliding your feet, on slippery surfaces.

### DON'T:

- ✗ Wear baggy pants you could trip over.
- ✗ Use chairs or boxes instead of a ladder to reach high places.
- ✗ Carry loads you can't see over, especially on stairs.
- ✗ Jump on or off platforms and loading docks.
- ✗ Tilt back in a chair.



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