



## Slips, Trips, and Falls Quiz

- 1. Keeping walkways, aisles, and stairs clear helps prevent slips, trips, and falls.**
  - a. True
  - b. False
- 2. If you're cleaning up or repairing a floor area, you should:**
  - a. Do it quickly.
  - b. Mark and block off the area.
  - c. Assume others will notice the problem.
- 3. When you're carrying a load upstairs or downstairs, you should:**
  - a. Be sure you can see over it.
  - b. Carry as much as possible so you only need to make one trip.
  - c. Carry a flashlight.
- 4. When you have to reach a high place, you should stand on:**
  - a. A chair
  - b. Boxes
  - c. A ladder
- 5. Shoes that will help prevent slips, trips, and falls have:**
  - a. Flat heels and nonskid soles
  - b. Steel toes
  - c. Lightweight uppers
- 6. When you walk across a slippery surface, it's best to:**
  - a. Move as quickly and directly as possible.
  - b. Move slowly, sliding your feet.
  - c. Move slowly, lifting your feet.
- 7. To get the best balance, you should walk with your hands:**
  - a. At your sides
  - b. In your pockets
  - c. Straight out in front of you
- 8. When you climb a ladder, you should:**
  - a. Have your back to it.
  - b. Face it, and hold onto the rails.
  - c. Wear heavy boots.
- 9. You're always safe from falls when you're sitting on a chair.**
  - a. True
  - b. False
- 10. To reduce the chances of serious injury when you fall, roll with the fall or:**
  - a. Put your arms out.
  - b. Close your eyes.
  - c. Bend your elbows and knees.

**When you have completed this quiz, turn it in to your supervisor.**

Name \_\_\_\_\_

Date \_\_\_\_\_

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## Answers

**1. a.**

True.

**2. b.**

Mark and block off the area.

**3. a.**

Be sure you can see over it.

**4. c.**

A ladder.

**5. a.**

Flat heels and nonskid soles.

**6. b.**

Move slowly, sliding your feet.

**7. a.**

At your sides.

**8. b.**

Face it, and hold onto the rails.

**9. b.**

False. Tilting back on two chair legs can cause falls.

**10. c.**

Bend your elbows and knees.

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