

Slips, trips, and falls can cause serious injuries. Please note, this list is not intended to be comprehensive but is a good starting point and provides guidelines for some best practices. Please feel free to reach out to your Risk Control Consultant or email us at RiskControl@serviceamericanom

DON'T BE IN A HURRY

- While in a hurry, people are more likely to take short cuts and pay less attention to what they are doing.
- We have all tried to jump over an obstacle instead of walking “the long way around” to our destination. These tendencies are unsafe.
- Choose to slow down and walk surefootedly by avoiding potentially hazardous short cuts.

PAY ATTENTION TO YOUR STEP

- Paying attention to where you are walking.
- Learn to recognize hazards and avoid them to save time, money and injury.
- Resist the temptation to take short cuts – they are usually comprised of objects or routes not designed for foot traffic and often consist of unstable, shaky or slippery surfaces.

CLEAN UP SPILLS

- Slippery surfaces often don't appear dangerous until you happen to step on them, and then it's too late.
- Clean up grease, water and other forms of spills as soon as you notice them.
- Cover icy and greasy spots with sand or dirt or other types of absorbent material.

PRACTICE WALKING SAFELY

- Practice walking safely across slippery or wet surfaces: don't try to run, jump or slide across these slick surfaces.
- Take slow, short steps with your toes pointed slightly outward.
- For additional balance, keep your hands at your sides (not in your pockets) to support you if you begin to fall.
- Remember that a freshly polished floor can also be very slick, even though it doesn't usually appear hazardous.

USE NONSKID SHOES AND SURFACES WHEN AVAILABLE

- Ask your supervisor about the correct shoe for your job.
- Wear shoes that have slip-resistant soles.
- Keep your shoes free from grease and oil.
- Use mats or rough grade coverings to minimize falls.

MAINTAIN PROPER LIGHTING

- Inadequate lighting can camouflage what is in your way, so replace light fixtures or bulbs that don't work.
- When entering a darkened room always turn on the light first, even if you stay only for a moment.
- Keep walkways clear of obstructions in areas that have poor lighting.

EXERCISE STAIR SAFETY

- Walk up and down stairs slowly.
- Be cautious of worn or broken steps, and of insufficient lighting that may make it difficult to see properly.
- Never run up or down stairs, and avoid skipping steps.
- If you must carry a load while climbing stairs, carry the load so it doesn't block your vision, and, if possible, keep one hand free to hold onto the wall railing.

WALKING WHILE DISTRACTED

- A common culprit is walking while using your smartphone.
- As with driving, you cannot pay attention to where you're going if you're looking at your phone or reviewing a document.
- If you need to read or type something, take a quick break and move out of the main walkway until you're finished.