

HOW DO I PREVENT SLIPS, TRIPS, AND FALLS?

DO'S

- Wear non-slip footwear
- Walk carefully on slippery and elevated surfaces
- Use only cleared paths and designated walkways
- Wipe up spills IMMEDIATELY
- Communicate with others regarding ice, water, spills, etc.
- Clean floors on a daily basis
- Keep aisles, passageways, and floors clear and in good repair
- Use a ladder or stepstool to reach items on high shelves
- Store heavy items on lower shelves, to avoid the need for using a ladder. Place lighter items on top shelves.
- Use handrails.
- Maintain adequate lighting.
- Make sure that you can see over and around whatever you may be carrying. Make sure that the object is not too heavy.



DON'TS

- Never use makeshift equipment.
- NEVER climb on chairs, erasers, filing cabinets, tables, etc. that were not made to be used for climbing. Also, never pull out the drawers of filing cabinets to make ladders or stack chairs etc on ladders to reach a greater distance.