Preventing Injuries from **Slips and Falls**

### Moving Around Safely

#### Make the Workplace Safer

- Provide enough work space to avoid collisions.
- Provide proper storage so walkways and work areas are kept free of clutter.
- Keep electrical cords out of walkways. Have enough outlets so extension cords are not needed.
- Maintain carpets in good condition.
- Lay out the dining room and kitchen without tight or blind corners to avoid collisions.
- Have non-slip surfaces and handrails on stairs.

#### Follow Safe Work Practices

- Don’t move too quickly.
- Don’t carry items too tall for you to see over.
- Warn other workers when walking behind them.

#### Use Protective Clothing and Equipment

- Wear non-skid, waterproof shoes with low heels.
- Lace and tightly tie your shoes.
- Don’t wear over-sized or baggy pants that could cause you to trip.

### Spills and Clean-up

#### Make the Workplace Safer

- Have non-slip stable floor mats in good condition in areas that could get wet. But remember that moving heavy mats can cause back injuries.

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**DID YOU KNOW?**
Employers are required by law to give workers protective equipment and clothing if it’s needed. Some employers provide safe shoes with non-skid soles as part of the work uniform.
Follow Safe Work Practices

☐ Clean up spills immediately.
☐ Clean floors regularly so grease does not build up.
☐ Use a clean mop with approved floor cleaners.
☐ Use warning signs to keep people off wet floors.

Falls When Reaching or Climbing

Make the Workplace Safer

☐ Provide enough ladders and footstools of the right size and keep them in good condition.
☐ Have good lighting in work areas, and in delivery and storage areas.
☐ Set up work areas to limit the need for reaching and climbing. For example, keep the most frequently used items on accessible shelves.

Follow Safe Work Practices

☐ Never use a box, cart, or other equipment to reach for objects. Use a ladder or footstool.