

# Preventing Slips and Trips

Identifying and eliminating factors that lead to these types of injuries is the best way to prevent them from happening.

## SLIPS

there is too little friction between the work surface and your shoe

- Spills on walking surfaces
- Oily/greasy surfaces
- Weather condition
- Loose or unanchored rugs

## TRIPS

Foot collides with object causing you to lose balance

- Objects in your walking space
- Design flaw in walking area
- Poor Lighting
- Open drawers in filing cabinets

## HOW CAN YOU AVOID SLIPS & FALLS

Slips and trips can be avoided by good housekeeping, selecting the proper footwear, maintaining walking surfaces, and being conscious of your surroundings.

Here are some good housekeeping tips:

- Remove obstacles from hallways and other areas of high traffic
- Clean up all spills immediately
- Secure mats and rugs
- Close all file cabinets when not in use
- Ensure sufficient lighting
- Cover all cords that run across hallways