

# How to Prevent Trips, Slips, and Falls in the Workplace

## Tips for Your Workplace

## Tips for Your Workers

**CLEAN UP** spills immediately; clearly mark spills and wet areas.

**MOP UP** or sweep any debris off your floors.

**REMOVE** obstacles from walkways and keep walkways free of clutter.

**SECURE** mats, rugs, and carpets that don't lay flat with tape, tacks, etc.

**CLOSE** file cabinet and storage drawers when you are finished with them.

**COVER** or tape down cables that cross walkways.

**MAKE SURE** all working areas and walkways are well lit; replace broken light bulbs and switches.

**INSTALL** mats, pressure-sensitive abrasive strips, and abrasive-filled paint-on coatings.

**RECOAT OR REPLACE** flooring that is slippery.

**WEAR FOOTWEAR** with the anti-slip properties for your specific flooring conditions.

**WEAR** properly fitting footwear that is comfortable and prevents fatigue.

**TAKE YOUR TIME** when you are walking and pay attention to where you are going.

**ADJUST YOUR PACE** to the surface you are walking on and the tasks you are doing.

**WALK** with your feet pointed slightly outward.

**MAKE WIDE TURNS** when you are going around a corner.

**TURN ON** all installed light sources to give you sufficient light for your tasks.

**USE A FLASHLIGHT** if you go into a dark room or area where there is no light.

**MAKE SURE** things you are carrying / pushing do not obstruct your view.