

# SLIP AND FALL PREVENTION

Slips and falls are common causes of workplace injuries. Therefore, it is essential to periodically reassess prevention strategies.

The most effective method for minimizing slips and falls is maintaining good housekeeping. Good housekeeping goes beyond aesthetics; it involves ensuring that all items are stored properly and that nothing is left in inappropriate places. This is particularly important for tools, cords, water, ice, oil, books, pencils, hand trucks, and carts. When these items are left in walkways, they create hazards that can lead to slips, trips, and falls, resulting in potential injuries.



A useful safety guideline is: if you drop something, pick it up immediately. Do not wait. If you are done using an item, return it to its designated place.

The second strategy emphasizes that everyone in the organization shares responsibility for their own safety and that of their colleagues. If you encounter a slip and fall hazard that can be addressed immediately, take action to correct it. If you cannot resolve the issue, alert your coworkers by posting warning signs while seeking assistance.

Ensure proper arrangement and placement of equipment and materials. Avoid overloading items that need to be transported, as this makes them more difficult to handle and increases the risk of spills.

When using a cart, ensure that the wheels are in good condition and remain aware of your surroundings. Always check the floor for any obstructions.

Wear appropriate footwear with suitable soles and low heels. Place non-slip floor mats in high-traffic and consistently wet areas to enhance traction.

Remember to walk, not run, and avoid making sudden directional changes on slippery surfaces.