Put a Safe Foot Forward



Safety Talk

What's at Stake?

Slips, trips and falls are among the leading causes of workplace injuries. They occur when housekeeping procedures aren't followed and enforced, when you rush or fail to pay attention to what you're doing and where you're walking, when you don't wear the right kind of footwear, and when stairways, parking lots, and other walking and working surfaces aren't well-maintained.

What's the Danger?

Slips, trips, and falls can happen anywhere, at any time. They can cause any number of injuries and falls are the second leading cause of accidental death in North America.

How to Protect Yourself

Safety is not an accident, it is the outcome of safe work practices and well-designed procedures to prevent slips, trips, and falls.

- **Be aware** – Pay attention to where you're going and resist the temptation to take a shortcut that may have obstacles or be unstable, shaky or slippery.
- **Be proactive** – Report any holes or openings that you find in grates or decking that require repair.
- **Resist skidding** – Wear shoes or boots with skid-resistant soles and keep your footwear free of grease and oil. On slick surfaces, keep your hands at your sides for balance and take cautious, short steps. Don't run.
- **Shed light** – Poor lighting can camouflage hazards. Report or replace fixtures or bulbs that don't work; notify your supervisor or maintenance of areas that are poorly lit.
- **Practice stair care** – Always walk up and down stairs slowly, one step at the time. Sound too cautious? Numerous workers have been injured on stairways by going too fast or by skipping steps. And if you must carry a load on stairs, make sure the load doesn't block your vision, and try to keep one hand free to hold the railing.
- **Good housekeeping and clean up** – Wipe up grease, water, and other slick substances as soon as they are spotted. Cover icy and greasy spots with

sand, dirt or other absorbent material. If you’re doing repair or maintenance work keep equipment and the surrounding area free of scraps and debris.

Final Word

Pay attention to walking and working surfaces, practice good housekeeping, and be proactive to prevent slips, trips, and falls.