

# DON'T LET SLIPS, TRIPS and FALLS GET YOU DOWN



Use good safety practices. Prevent injuries



Help promote a culture of safety, not silence, by reporting unsafe or unhealthful workplace conditions at: <https://go.usa.gov/x5MYh> (anonymously if desired) or call 301-496-2960



National Institutes of Health

## TIPS TO AVOID SLIPS, TRIPS and FALLS, and prevent the #1 Work-related Injury

### Slips:

- Watch for "Wet Floor" signs.
- Clean up spillage you cause.
- Adjust your stride to the task and conditions.
- Make wide turns at corners to avoid collisions.
- If temperature is near freezing, assume there is ice.
- Wear the proper footwear for the task/conditions.
- When walking on slippery surfaces, slow down and take smaller steps.
- Immediately report slippery surfaces you encounter.
- Use caution in areas where wet floors are likely: building entrances, rest rooms, ice machines, etc.
- Make wide turns to avoid collisions.



### Trips:

- Keep work area clean and clutter free.
- Don't trail cables across the floor.
- Make sure the area is well lit.
- Check flooring for holes/tears.
- Ensure furniture is arranged to provide for open walking pathways.
- Keep drawers and cabinet doors closed at all times.
- Check work area for hazards, such as electrical cords, liquids or oil on the floor.
- Tape or secure cords that are temporarily located in traffic areas.
- Watch for obstructions; move them out of the way if you have to.
- Watch where you are walking, especially around stairways/ramps.
- If using mats/rugs, make sure the edges do not curl up over time.
- In the event of a power outage, have an emergency kit prepared containing multiple flashlights and batteries to avoid tripping over objects in the dark.



### Falls:

- Pay attention and look before you step.
- Take only one step at a time.
- Keep one hand free to grasp the handrail.
- Do not carry large or bulky packages that might obstruct your view, up and down the stairs.
- Use a ladder or stepstool instead of a chair, table, box or bucket.
- When on a ladder, maintain at least 3 points of contact: 1 hand and 2 feet.



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