



SLIP, TRIP, AND FALL

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SLIP, TRIP, AND FALL SAFETY RULES

- Wear shoes with nonskid soles and flat heels.
- Be careful of loose pant cuffs or other garments you could trip over.
- Don't tilt your chair back; keep all of its legs on the floor. Avoid excessive bending and twisting while seated.
- Watch where the chair is when you are sitting down.
- Stay away from the edges of loading docks, manholes, and similar places where falls could occur.
- Look out for pot holes, broken concrete, manholes, uncovered drains and similar hazards.
- Use a step stool, not a box or chair, to reach high places.
- Don't carry or push loads that block your vision.
- Walk slowly, sliding your feet, on surfaces that are wet, slippery or uneven.
- Walk, don't run - and change directions slowly.
- Step over or around obstructions, not on them.
- Keep your hands at your sides, not in your pockets, for balance.
- Clean up spills and leaks right away.
- Be sure there is enough lighting before you move ahead.
- Keep walkways and aisles clear of obstructions. Close drawers completely after every use.
- Secure electrical cords and wires away from walkways.
- Report loose carpeting or damaged flooring.
- No horseplay.
- **Pay attention to what you're doing and where you are going.**
- **Make it your responsibility to report any hazard, don't depend on someone else to do it.**