

AVOIDING SLIPS, TRIPS & FALLS

According to OSHA, slips, trips, and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities. Avoid slips, trips, and falls this winter by planning ahead.



PLAN AHEAD, GIVE YOURSELF EXTRA TIME

Take a route around obvious slippery hazards, such as wet leaves, icy areas and snow banks. Park in areas with sunlight that have less of a chance of ice buildup.



USE HANDRAILS, WALK SLOWLY

Use handrails wherever they are provided. A secure handhold can prevent a fall if you should slip. Walk slowly and deliberately, with a shorter gait. Stop periodically to break momentum.



WEAR APPROPRIATE FOOTWEAR

Wear appropriate footwear such as shoes or boots with rough soles to work, change into dress shoes if you must wear them.



IF YOU SLIP, TRY TO ROLL WITH IT

Be prepared to fall and try to avoid using your arms to break your fall. Try to roll with the fall if you begin to fall forward. Sit down if you begin to fall backward.