

Slips, Trips and Falls: Keep Your Footing

Why it matters. Slips, trips and falls on the same level are one of the most common causes of workplace injuries — sprains, broken wrists, back and head injuries. Most are prevented by clean floors, clear walkways, good light and the right shoes.

KEY POINTS

- Clean up spills at once, or guard them and report them. Do not walk past.
- Keep walkways, stairs and exits clear of boxes, cables and hoses.
- Wear shoes with slip-resistant soles that suit the floor.
- Use the handrail on stairs. Do not carry loads that block your view.
- Report damaged floors, loose mats, poor light and leaks.

STEP BY STEP

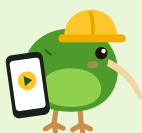
1. Look ahead: watch where you walk, not your phone.
2. See a spill or object? Stop and deal with it, or guard it and report it.
3. Use a wet-floor sign while a floor is wet, and remove it when dry.
4. Route cords and hoses away from walkways, or cover them.
5. Walk, do not run. Take short steps on wet or icy surfaces.
6. Use the handrail on every stair.
7. Close drawers and doors after use.

NEVER

- ✗ Never leave a spill for someone else.
- ✗ Never carry a load you cannot see over.
- ✗ Never stand on a chair, box or bucket to reach something — use a step stool or ladder.

TALK ABOUT IT

1. Where in our area do people slip or trip most?
2. Which spills happen here every day, and where are the spill kits?
3. Are our shoes right for our floors?



Watch this talk as a short video — and get it in your crew's languages.

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Based on OSHA 29 CFR 1910.22 (walking-working surfaces); NIOSH slips, trips and falls guidance. This talk is a summary. Your site's written procedure and your supervisor's instructions come first.



Language used: _____

By signing, I confirm that I attended this talk and understood it.