Slip, Trip, and Fall Prevention Safety Tips

Fall Prevention

- Use the proper ladder to climb.
- Do not use stools, chairs, or boxes as substitutes for ladders.
- Carefully inspect ladders before each use.
- Check stairways for loose or missing railings, broken or slippery stairs, and clutter.
- Wear shoes with nonskid soles, and don’t run.
- Keep away from the edges of loading docks and other ledges.
- Don’t let objects you carry block your vision.
- Make sure you have adequate lighting.
- If you can’t remove an obstruction, walk around it – not on it.
- Wear proper clothing. Pants cuffs that are too long can catch on the heel of your shoe. Be sure your shoelaces are tied.
- Use steps – don’t jump!

Slip and Trip Prevention

- Ensuring walking surfaces are in good repair.
- Be wary of tile floors and recently polished floors. They can be very slippery.
- Watch out for wet surfaces. Chemical spills, grease, oil, water and ice can result in dangerous walking conditions.
- Immediately report chemical spills to your supervisor. Sand icy spots, and clean up other spills as you spot them.
- Maintain clear aisles and passageways.
- When carrying objects, make sure you can see above and around the articles you are carrying.
- Keep your work area free of clutter (i.e. electrical cords, furniture, boxes, or tools) that could cause you to trip.
- Always use the handrail when climbing or descending stairs.
- Be careful of loose pants cuffs and other loose clothing you could trip over.
- Report unsafe conditions to your immediate supervisor.