



Avoid Slips and Falls

When you think of the hazards you encounter at work you may not initially think about walking and working surfaces as highly hazardous. However, slips, trips, and falls consistently rank as one of the leading causes of workplace injuries in the United States.

Think about it. Do you know anyone who has gotten hurt falling, either at home or at work? How about slipping on ice, tripping over an obstruction, or just plain losing balance?

Although physical conditions are a significant consideration, mental conditions are just as important when preventing slips, trips, and falls.

- Notice when you are rushing as this contributes greatly to falls.
- Are you distracted? One of the biggest keys to preventing slips, trips, and falls is being aware of your surroundings.
- Have you become complacent? Have you had a busy day and just stopped caring if the housekeeping is in check or the ladder is on a level surface? If you find yourself in this state, take a moment to step back and adjust your mindset before an accident happens.
- Overtired? If you are exhausted, your awareness diminishes. If you find yourself sleepy at work, be especially observant and careful not to rush since you are already less alert.

Consider Your Footwear -

It may seem like common sense to make sure your shoe or boot is tied, but that's not the only way footwear can impact slips, trips, and falls.

- **Check the tread** – Worn-out footwear often lose their ability to grip and lead to slips.
- If the **tread on footwear is 50% worn**, the shoe is twice as likely to contribute to a fall injury.
- **Notice the fit** – footwear that are too big are likely to contribute to trips while shoes that are too small limit the foot's ability to balance and may result in falls.
- **New workboots or shoes** – Many falls occur after buying new shoes. New shoes may grip better than an old pair, but they may be heavier or bulkier, requiring you to move your feet differently.



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**THINK
SAFETY
STARTS
WITH YOU**

Source: ALLY SAFETY