Slips, trips, and falls are among the most frequent causes of accidents. To avoid getting hurt from falls, don’t rush and remember the following:

**WEAR PROPER FOOTWEAR**

Make sure your shoes are in good shape and correct for the job. If conditions are wet, slippery, snowy or icy, wear non-slip shoes or boots appropriate for the conditions. When conditions are snowy or icy, carry your “office” shoes and wear shoes appropriate for the conditions during your commute. Avoid footwear with leather soles, which have poor traction – especially on smooth surfaces.

**WATCH WHERE YOU WALK**

Be aware of where you are walking. Look down continually for spilled liquids, materials, equipment, extension cords, changing surface levels, etc. Make sure the area is well lit or use a flashlight if lighting is poor. Walk on designated sidewalks that have been cleared of ice and snow.

**BE CAREFUL ON STAIRS**

Do not run when going up or down stairs. Check to see that stair treads are in good shape, with no obstructions on the steps. Always use the handrails that are provided. Avoid carrying large loads when going up or down stairs.

Watch your step and don’t trip yourself up! Remember: gravity always wins!
Involve employees in creating a safe work environment when possible. That way they’ll be more likely to think and behave safely. Here are some reasons why:

- Employees who are involved in determining safety rules and procedures understand the reason behind them and are more likely to adhere to them.

- The employee doing a job can be the best person to advise on whether safety rules and procedures will work in practice.

- Employees can play an important part in monitoring the effectiveness of the policy – for example, when conducting workplace inspections.

**TOPIC: Slip, Trip, and Fall Are Four-letter Words**

Company Name ____________________________________________________________

Job Name _________________________________________________________________

Safety Recommendations __________________________________________________

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Attended By: ______________________________________________________________

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