

### Student Handout

#### Slips, Trips and Falls

Slips, trips and falls may sound like minor accidents, but they can result in a sprain, fracture or head injury that could keep you off work for a long time.

#### Examples of hazards

- spills (oil, water, and other liquids)
- cluttered walkways and work areas
- ladders and stairways
- open work pits

#### Safety tips

- Wear well-fitting non-slip footwear.
- Keep walkways and work areas clear of tools, boxes, and other clutter.
- Clean up spills right away or mark the area to warn others and report the spill to the person responsible for ensuring the spill is cleaned up.
- Don't carry more than you can safely handle.
- Be sure you can see where you are going when carrying large items.
- Use a stepladder rather than a chair or crate to reach high items.

