

Student Handout

Slips, Trips and Falls

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

Examples of hazards

- ❑ spills (water, oil, food)
- ❑ cluttered walkways and work areas

Safety tips

- ❑ Wear well-fitting non-slip footwear.
- ❑ Keep walkways and work areas clear of large food containers and other clutter.
- ❑ Don't carry more than you can safely handle. Get another person to help you or use a dolly.
- ❑ Be sure you can see where you are going when carrying large items.
- ❑ When stocking shelves, place heaviest items at knee to chest level.
- ❑ Use a stepladder rather than a chair or crate to reach high items.
- ❑ 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.



Clean floors regularly and clean up spills immediately.

Empty all garbage cans frequently.

Put up warning signs around spills and wet floors.

Wear well fitting non-slip footwear.

- **Keep walkways and aisles clear of boxes and other clutter.**
- **Ensure you can see where you are going when carrying large items.**
- **Avoid standing in front of swinging doors and doorways.**

