

**CAUTION**

Prevent  
**Slips, Trips**  
and **Falls**



Safety Is As Simple As **ABC**... Always Be Careful

PREVENTING SLIPS & FALLS

#### **Five Tips to Prevent Slips and Falls:**

1. Be alert for wet floors. Always place markers in areas to warn others about spills or any other situation that results in a wet or slick floor surface.
2. Keep aisles and walkways clear of tripping hazards such as trash, boxes, etc. If you have to step over or around something to get down the aisle, take the time to move it or at least report it. You may be preventing an injury to yourself or a coworker.
3. When traveling up or down stairs, always use the handrail and never run or try to take more than one step at a time.
4. Use ladders only if you are trained and know the safety procedures. Never over-reach to the left or right when on a ladder. Use the "Belt Buckle" Rule—your belt buckle (or at least where the belt buckle would be) should not extend past the vertical pole on either side of the ladder when you reach to the left or right.
5. Mark areas of uneven flooring or sudden changes in floor elevation such as stairs or pit areas.
6. Do not use substitutes for the proper ladder or stepstool. Using items such as buckets, chairs, and boxes as ladders can cause serious fall injuries.