



# Prevent slips, trips, and falls

Because a painless tomorrow is a reward for being safe today.



## Is it time to replace your footwear?

The lifespan of a shoe depends on a number of factors, but below are some guidelines for determining when it's time to replace your footwear:

**Athletic shoes:** As a general rule, the life of a running shoe is 300 to 500 miles.

**Casual work or walking shoes:** It's time to repair or replace when you have scuffed heels or flat spots on the outer sole, or when the back edge of the heel gets so worn that it's angling sharply.



# What can I do to prevent slips, trips, and falls?



## Work areas

- Wear appropriate slip-resistant shoes.
- Slow down to negotiate turns, corners, obstacles, and areas of limited visibility.
- Keep workspace and walkways clean, clear, and well-lit for you and your visitors.



## Stairs

- Take only one step at a time.
- Keep one hand free to grasp the handrail.
- Limit your load and make sure your vision is not obstructed.



## Wet floors

- Clean up wet areas and spills immediately.
- When mopping, make sure that signs warn others of the danger of wet surfaces.
- Use caution in areas where wet floors are likely, such as entrances, restrooms, and mopped floors.



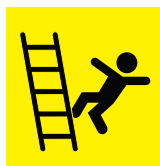
## Cords

- Do not allow electrical cords or other objects to extend across a walkway.
- Tie up any cords that might pose a trip hazard.
- Tape down or secure cords that are temporarily located in traffic areas.



## Parking lot and grounds

- Stay alert for uneven surfaces.
- Watch for curbs and potholes when moving between vehicles.
- Assume there is ice if the temperature is close to freezing; slow down and take short strides.



## Ladders

- Stand on a ladder instead of a chair, table, bucket, or box.
- Use the correct ladder for the job.
- Never step on the top platform of any ladder, including a stepladder.

## Statistics

- Slips, trips, and falls cause 15 percent of all accidental deaths, second only to motor vehicles.
- Falls and equipment mishaps are the two most common causes of injury for younger workers.
- Falls are the leading cause of both fatal and non-fatal injuries for adults ages 65 and older.
- In the workplace, slips, trips, and falls cause over 300,000 injuries per year, and, on average, one occurs every two minutes.

*Occupational Safety and Health Administration and the National Safety Council*



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