



Safe Falling Techniques

These practical suggestions may save you from serious injury during a fall:

- When you feel yourself start to fall, let your body go limp. This will allow your body to naturally roll into the fall.
- Keep your wrist, elbows and knees bent. Don't try to break your fall.
- Tuck your chin in and throw your arms up to protect your head.

Most accidents caused by slips, trips or falls can be prevented. Follow this checklist and help create a safe environment for everyone:

- Always pay attention to what you're doing. This is the most important guideline and the one that will give you the best protection.
- Look before you walk – make sure your pathway is clear.
- Close desk and cabinet drawers after use.
- Make sure electrical cords and wires are securely anchored, away from all walkways.
- Report loose carpeting, damaged flooring, uneven sidewalks, broken pavement or other unsafe conditions to the appropriate person.
- Clean up spills immediately.
- Report and/or replace burned out or missing lights. Make sure stairs and walkways are well lit, especially at night.
- Shovel, salt and/or sand stairs and paths to clear ice and snow.
- Don't carry packages that block your view.
- Never stand on a chair or convenient object to reach a high object. Always use an American National Standard for Ladders approved ladder or stool.
- Avoid bending, twisting and leaning backward while seated.
- Keep one hand free to hold a handrail when walking on stairs.
- If a change in climate makes your glasses foggy, clean them immediately so that you always have a clear view of your surroundings.
- When walking on slick or wet surfaces, move slowly so you can react to traction changes.
- If a walking surface is slippery or wet, shorten your stride, walk with your feet slightly turned out for better balance and make wide turns.
- Wear slip-resistant shoes or boots and dry off your shoes as soon as possible after entering a building (wet shoes on dry floors are almost as dangerous as dry shoes on wet floors).
- Use the proper cleaners and finishes on smooth walking surfaces. Apply non-abrasive strips and post warnings, where appropriate.

<http://www.takeonestep.org/pages/yoursafety/safenotsorry/avoidingslips.aspx>