



Slip/Trip/Fall to Same Level Prevention

A simple slip or trip that results in a fall to the same level can result in serious injury. It isn't necessary to be working at heights to suffer injury from falling down, so everyone is at risk. You can avoid slips, trips, and falls by observing some simple safety guidelines.



General Slip, Trip, Fall Prevention Guidelines

1. Wear the appropriate footwear for the environment; i.e., sturdy work boots with non-slip soles in the shop and back stage areas.
2. Walk rather than run.
3. Ensure you allow enough time to travel and avoid rushing.
4. Focus on where you are walking.
5. Never talk on the phone, text, or read email or texts while walking. Give your attention to where you are walking.
6. Never carry loads that obstruct your field of vision.
7. Get assistance for carrying heavy loads, or take smaller loads and make more trips.
8. Use a material handling device, such as a cart.
9. Clear the path of travel prior to moving materials.
10. Keep the floors swept and clear of debris.
11. Keep the aisles and passage ways clear of stored items and other obstacles.
12. Hold onto the handrails when walking up or down stairs. If you are worried about the cleanliness of the handrail, carry a small bottle of hand sanitizer or a re-sealable packet of hand wipes.
13. Never run up or down stairs.
14. Keep the drawers of filing cabinets, storage cabinets, and desks closed. Never turn your back or walk away from an open drawer.
15. Immediately clean up any spills whether they are of liquid or dry materials. Ask someone to watch the area of the spill if you have to leave it to obtain clean-up materials.
16. Report chemical spills and evacuate the area if you have not been trained and authorized to clean chemical spills.
17. Follow the specific procedures established for cleaning up chemical spills and disposing of the waste material. Report the spill if you have not been trained to clean it up properly and dispose of the material.
18. Complete the entire process for cleaning up spills, which includes sweeping up and removing the absorbing materials prior to leaving the area.
19. Keep cleaning materials, such as absorbent materials, brooms, dust pans, and waste containers adjacent to areas that are routinely contaminated with debris and/or spills.
20. Use warning cones and signs to warn of wet floors, whether they are wet from cleaning or weather conditions.

21. Increase the length of entry mats during inclement weather.
22. Provide umbrella bags near entry doors during inclement weather.

Talk to your supervisor if you have any questions about this information.