

SLIPS, TRIPS & FALLS

FALL PREVENTION TIPS

Falls account for about 8.9 million visits to the emergency room each year. Practicing good housekeeping in the office, and at home, greatly reduces the risk of slips, trips and falls.

- ▶ Clean up all spills immediately
- ▶ Mop or sweep debris from floors
- ▶ Remove obstacles from walkways
- ▶ Secure all mats, rugs & carpets & make sure they lie flat
- ▶ Close file cabinet or storage drawers
- ▶ Secure electrical & phone cords out of traffic areas or make sure they are covered
- ▶ Keep working areas & walkways well lit
- ▶ Remove tripping hazards such as paper, boxes & books from walkways & stairs
- ▶ Never stand on a chair, table or any surface with wheels

FOR MORE INFORMATION CONTACT ENVIRONMENTAL HEALTH AND SAFETY AT (806) 742-3876

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