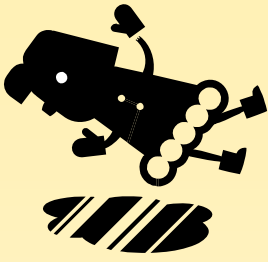


SLIP, TRIP & FALL SAFETY TIPS

Family Dining Safety Association



Slips, trips and falls occur at an increasing number.

Prevention

- Wear the proper foot gear.
- Take small steps to keep your center of balance under you.
- Walk slowly and never run on wet ground.
- Keep both hands free for balance, rather than in your pockets.
- Use handrails from start to finish.
- Avoid carrying loads on stairways; or carry loads that you can see over.
- Keep you eyes on where you are going.
- Test potentially slick areas by tapping your foot on them.
- Step - Don't jump from vehicles and equipment.
- Keep walkways clear of debris, water, ice and slippery materials.

When these helpful hints don't work, and you know you are going to slip, try to reduce your potential injury when falling by:

- Roll with the fall. Try to twist and roll backwards, rather than falling forward.
- Relax as much as possible when you begin to fall.
- Toss the load you are carrying. Protect yourself instead of the objects being carried.

Walking Tips

One category that frequently results in lost time and affects a considerable number of employees is slips, trips and falls. This subject is particularly important when many exterior walking surfaces are wet and/or slippery.

A few simple precautions can help reduce your chances of being injured from a slip and fall.

- Use floor mats to remove moisture from the soles of your shoes upon enter a building.
- Don't allow rain that has collected on your umbrella to be deposited on indoor walking surfaces.
- Avoid inclines and slippery walking surfaces if possible.
- Be aware of your footing and any potential slip, trip or fall hazard that may be present.
- Select appropriate footwear. Remember that no shoe sole material is perfect under all conditions. Shoes soles made of hard plastic or leather and high-heeled shoes are less than ideal, especially during wet weather.
- Report slip, trip and fall hazards.
- Use a handrail where available.

