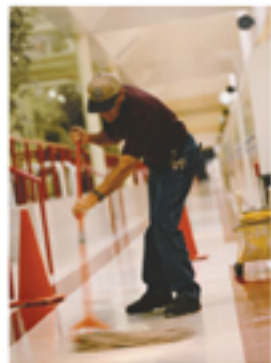


More Slip, Trip and Fall Hazards

- Uneven floor
- Missing floor tiles
- Crumpled floor mats
- Running, rather than walking
- Maintenance work and repairs
- Broken stair handrails
- Damaged treads on stairs and ramps
- Burned out lights and inadequate lighting
- Hoses, cables and electrical cords in walkways
- Jumping off platforms or loading docks



The bottom line: Stay alert. If you see a hazard, take steps to correct it if it's within your control. If you can't handle it or if you are unsure, report it to your building supervisor.

WORKING UP HIGH? *On or off the job, if you're working at heights of over 6 feet, wear a personal fall-arrest system.*

What If You Do Fall?

Sometimes mishaps occur even when you take precautions. If you find yourself heading for a fall, remember — roll, don't reach. By letting your body crumple and roll, you are more likely to absorb the impact and momentum of a fall without serious injury. Reaching an arm or leg out to break your fall may result in a broken limb instead. (Source: Centers for Disease Control and Prevention)

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• 3 Steps to Safety



• Stop Slips, Trips and Falls •

1. Wear proper footwear

2. Wipe up spills promptly

3. Keep walkways and work spaces clear

• 3 Steps to Safety

Are You Headed for a Fall?

Who hasn't tripped or stumbled at home or on the street? It's no less common at work. Of the more than 3 million disabling injuries that occur each year in the workplace, more than 1 in 10 are due to slips, trips and falls. Here's what to watch for — and what to do.

Hazard: Obstacles in walkways and work spaces

PREVENTION: Clean up spills and debris immediately. Store supplies away from walkways and aisles. Remove clutter.

Hazard: Stairs, ramps and escalators

PREVENTION: Use the handrail going up and down.

Hazard: Drawers and file cabinets left open

PREVENTION: Keep an eye out for open drawers, and close drawers and file cabinets when they are not in use.

Hazard: Wet, slippery surfaces

PREVENTION: Wear shoes or boots with slip-resistant soles. Take shorter steps when walking on slippery surfaces. Watch for grease accumulation.

Hazard: Obstructed view

PREVENTION: Avoid carrying bulky objects you can't see over.

Hazard: Improper use of ladders

PREVENTION: Practice ladder safety, particularly the three-points-of-contact rule. Use a stepladder, rather than a chair or box, to reach items on shelves. Face the ladder when climbing up or down.



LADDERS — 3 POINTS OF CONTACT
2 feet + 1 hand or 2 hands + 1 foot should be in contact with the ladder at all times.

• 3 Steps to Safety