

# SLIPS, TRIPS & FALLS



**1** **INSPECT: KEEP FLOORS  
CLEAN & DRY AND  
FREE OF CLUTTER**

**2** **BE PREPARED: PAY  
ATTENTION & TAKE  
YOUR TIME**



**BC Forest Safety**

Safety is **good** business



# PREVENT SLIPS, TRIPS & FALLS WHAT YOU NEED TO KNOW



## 1. INSPECT: KEEP FLOORS CLEAN & DRY AND FREE OF CLUTTER

- CLEAN UP ALL SPILLS IMMEDIATELY. IF YOU CAN'T CLEAN IT UP IMMEDIATELY, MARK SPILLS AND WET AREAS WITH WARNING SIGNS OR PUT UP A BARRICADE
- SPREAD GREASE-ABSORBENT COMPOUND ON OILY SURFACES
- ELIMINATE CORDS, CABLES AND HOSES THAT GO ACROSS WALKWAYS - IF THAT'S NOT POSSIBLE, COVER THEM
- SECURE MATS THAT DON'T LIE FLAT TO PREVENT A TRIPPING HAZARD
- IN WINTER CONDITIONS, CLEAR SNOW & ICE FROM OUTDOOR WALKWAYS AND DOORWAYS

## 2. BE PREPARED: PAY ATTENTION & TAKE YOUR TIME

- WEAR SHOES WITH GOOD TRACTION AND KEEP LACES TIED
- NEVER CARRY OR PUSH MATERIAL THAT COULD BLOCK YOUR VISION
- STAY ON DESIGNATED WALKWAYS AND DON'T TAKE SHORTCUTS
- AVOID DISTRACTIONS, LIKE YOUR CELL PHONE, WHILE WALKING
- ALWAYS USE HAND RAILS WHEN GOING UP AND DOWN THE STAIRS
- KEEP WORK AREAS WELL-LIT AND REPLACE BURNT OUT LIGHT BULBS
- CLOSE DOORS, DRAWERS AND CABINETS
- COVER ALL FLOOR OPENINGS OR PROTECT THEM WITH GUARDRAILS
- TAKE YOUR TIME & PAY ATTENTION TO WHERE YOU ARE GOING
- MAKE WIDE TURNS WHEN WALKING AROUND CORNERS
- ADJUST YOUR STRIDE TO A PACE SUITABLE FOR THE WALKING SURFACE & THE TASKS YOU ARE DOING

