



# WATCH YOUR STEP – SLIP, TRIP AND FALL

## TOOLBOX TALK SERIES – HAZARDS

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Slips, trips, and falls are some of the leading causes of workplace injuries, often resulting in sprains, fractures, and other serious injuries. By identifying potential hazards and taking preventive measures, we can create a safer environment for ourselves and our co-workers.

### Key Points:

1. Keep Walkways Clear:
  - Maintain clear and unobstructed walkways throughout the workplace.
  - Immediately remove or report any spilled liquids, debris, or obstacles in the path.
2. Proper Housekeeping:
  - Encourage regular housekeeping routines to keep work areas clean and tidy.
  - Ensure that cords, cables, and hoses are properly secured and not left across walkways.
3. Slippery Surfaces:
  - Be cautious when walking on wet or slippery surfaces, especially during inclement weather.
  - Use caution signs and non-slip mats in areas prone to spills or water accumulation.
4. Proper Footwear:
  - Wear appropriate footwear with slip-resistant soles to improve traction.
  - Avoid open-toed shoes or high heels that may increase the risk of tripping.
5. Stairway Safety:
  - Always use handrails when going up or down stairs.
  - Be mindful of the steps and avoid rushing on stairways.
6. Good Lighting:
  - Ensure that all work areas, walkways, and staircases are well-lit.
  - Report any burnt-out or malfunctioning lights to maintenance promptly.





7. Pay Attention to Changes in Surface:

- Be cautious when transitioning from one type of flooring to another (e.g., carpet to tile).
- Watch for changes in floor elevation or uneven surfaces.

8. Report Hazards:

- Encourage a culture of reporting hazards and near-miss incidents.
- If you identify a potential slip, trip, or fall hazard, report it to your supervisor or Safety and Security immediately.

9. Personal Awareness:

- Avoid distractions while walking, such as using your phone or reading documents.
- Stay alert and watch your step, especially in high-traffic areas.

10. Proper Use of Ladders and Stepstools:

- Use ladders and stepstools with caution, ensuring they are stable and in good condition.
- Do not stand on the top step of a stepstool, and maintain three points of contact while on a ladder.



Slip, trip, and fall hazards are preventable with awareness and proactive measures. By keeping our work areas clean, dry, and free from obstructions, we can significantly reduce the risk of injuries. Let's work together to identify potential hazards and take action to create a safer workplace for everyone. Remember, safety is a shared responsibility, and each one of us plays a vital role in preventing accidents and promoting a safe working environment. Stay vigilant, watch your step, and be proactive in addressing potential hazards.