



**SAFETYCHECK**  
For the Service Industry



# Preventing Slips, Trips and Falls



## What Can Happen

- Cuts, bruises, concussions, sprains, strains, broken bones

### Working

- ✓ Carry small loads close to your body and below chest level so you can see over or around what you are carrying
- ✓ Close cabinet drawers and doors as soon as you are finished with them
- ✓ Adjust your walking to the surface you are travelling on, and don't run
- ✓ Slow down and take small careful steps if the surface is rough, cluttered, slippery or at an angle
- ✓ Hold the handrail when you go up or down stairs

### If You Do Fall

- ✓ Don't move if you think you've hurt yourself - call for help

### Housekeeping

- ✓ Watch for slip and trip hazards (e.g., loose tiles or torn carpeting) in your work area and wherever you walk
- ✓ Immediately correct any hazard that might cause a fall, or report it to your supervisor
- ✓ Clean up spills immediately
- ✓ Take extra care whenever you see a **Wet Floor** sign
- ✓ Keep walkways and floors clear of boxes, extension cords and litter
- ✓ Immediately move anything that is stored on or near stairways, or report the hazard to your supervisor
- ✓ Notify your supervisor if there is nowhere to store new materials properly

### Shoes

- ✓ Wear safe shoes or boots, with low heels and a good fit – avoid slippery soles
- ✓ Be sure to wear shoes or boots with adequate tread when walking on icy, greasy or wet surfaces
- ✓ Keep your shoes and boots in good repair – a defect such as a nail coming through the heel can cause you to slip
- ✓ Take extra care when you come indoors with wet shoes or boots