

Don't Let Slips, Trips and Falls Get You Down

Use good safety practices. Prevent injuries.

Decorative Text: Picture of a man falling backwards. Picture of a man falling forwards and tripping over an object.

Help promote a culture of safety, not silence, by reporting unsafe or unhealthful workplace conditions at: <https://go.usa/gov/x5MYh> (anonymously if desired) or call 301-496-2960.

HHS and NIH logos.

Slips:

Watch for "Wet Floor" signs. Clean up spillage you cause. Adjust your stride to the tasks and conditions. Make wide turns at corners to avoid collisions. If temperature is near freezing, assume there is ice. Wear the proper footwear for the task/conditions. When walking on slippery surfaces, slow down and take smaller steps. Immediately report slippery surfaces you encounter. Use caution in areas where wet floors are likely: building entrances, rest rooms, ice machines, etc. Make wide turns to avoid collisions.

Trips:

Keep work area clean and clutter free. Don't trail cables across the floor. Make sure the area is well lit. Check flooring for holes/tears. Ensure furniture is arranged to provide for open walking pathways. Keep drawers and cabinet doors closed at all times. Check work area for hazards, such as electrical cords, liquids or oil on the floor. Tape or secure cords that are temporarily located in traffic areas. Watch for obstructions; move them out of the way if you have to. Watch where you are walking, especially around stairways/ramps. If using mats/rugs, make sure the edges do not curl up over time. In the event of a power outage, have an emergency kit prepared containing multiple flashlights and batteries to avoid tripping over objects in the dark.

Falls:

Pay attention and look before you step. Take only one step at a time. Keep one hand free to grasp the handrail. Do not carry large or bulky packages that might obstruct your view, up and down the stairs. Use a ladder or stepstool instead of a chair, table, box, or bucket. When on a ladder, maintain at least 3 points of contact: 1 hand and 2 feet.

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