WATCH YOUR STEP

Be aware of...

Slips  
Trips  
Falls  

Over a third of all major injuries reported each year are caused as a result of a slip, trip or fall - this is the single most common cause of injuries at work.
BY THE NUMBERS

• 212,760 - U.S. WORKERS WERE SERIOUSLY INJURED BY FALLS **TO THE SAME OR LOWER LEVEL**.
• 605 - U.S. WORKERS FELL TO THEIR DEATH
• **57** - **LSU EMPLOYEE SLIPS, TRIPS AND FALLS IN 2012**
• **23%** - **OF ALL LSU ACCIDENTS IN 2012 WERE SLIPS, TRIPS AND FALLS.**

COMMON CAUSES

• NOT PAYING ATTENTION WHERE YOU ARE GOING
• WEARING INAPPROPRIATE SHOES
• CLUTTER
• INADEQUATE LIGHTING
• RUNNING/WALKING TOO FAST
• UNEVEN SURFACES (FLOORS AND SIDEWALKS)
• FAILURE TO USE HANDRAILS
• NOT ENOUGH CAUTION ON LADDERS
DO’S

• PICK UP ITEMS OFF FLOOR OR REPORT CLUTTER ISSUES
• WALK WITH CAUTION (ESPECIALLY WHEN CARRYING A LOAD)
• WATCH FOR CHANGES IN FLOOR LEVEL (STEPS AND RAMPS)
• WEAR APPROPRIATE FOOTWEAR FOR YOUR JOB
• CHECK FLOOR MATS – THEY SHOULD BE FLAT ON THE FLOOR WITH NO FOLDS OR RAISED CORNERS (REPLACE AS NECESSARY)
• PICK UP YOUR FEET
• USE LADDERS IN A SAFE MANNER
• WIPE UP SPILLS IMMEDIATELY AND PLACE “CAUTION - WET FLOOR” SIGN UNTIL DRY.
• HOLD HANDRAILS WHILE USING STAIRS
DON’TS

• DON’T LEAVE BOXES, BAGS, TOOLS, ETC. ON FLOOR (especially adjacent to doors, stairwells and hallway junctions)
• DON’T BLOCK WALKWAYS WITH EQUIPMENT OR MATERIALS
• DON’T LEAVE CORDS OR CABLES IN WALKWAYS
• NEVER PLACE THINGS ON STAIRWAYS
• DON’T LEAVE DRAWERS OPEN
PREVENTION

• PUT UP SIGNS OR BARRIERS TO WARN PEOPLE OF HAZARDS
• MAKE SURE FLOOR MATS NEAR ENTRYWAYS ARE FLAT WITH NO FOLDS OR RAISED CORNERS
• CLEAN SPILLS, DRIPS, AND LEAKS IMMEDIATELY
• WEAR SENSIBLE SHOES (NON-SKID SOLES)
• REPORT SLIP HAZARDS IF YOU CAN’T FIX THEM IMMEDIATELY.