

# SAFETY TOPICS

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CAUTION CAUTION CAUTION CAUTION CAUTION

Location \_\_\_\_\_ Trainer \_\_\_\_\_ Date \_\_\_\_\_

## SLIP, TRIP, FALL–DOs & DON'Ts

### DO:

- Check condition of stairs and fix or report the following:
  - > Missing or broken steps.
  - > Missing or loose railings.
  - > Items left on steps.
  - > Inadequate lighting.
- Use railings when climbing up or down stairs.
- Keep everything in its proper place and put things away after use.
- Fix or report any floor problems immediately:
  - > Loose or missing tiles.
  - > Warped wood planks.
  - > Turned-up rug edges.
- Keep walkways and aisles clear of obstacles.
- Keep drawers closed.
- Dispose of trash promptly and properly.
- Keep areas being cleaned or repaired blocked off and labeled.
- Clean up spills and leaks right away.
- Make sure lighting is adequate; use flashlights if light is too dim.
- Walk, don't run.
- Walk slowly with a sliding motion on slippery or uneven surfaces.
- Wear shoes with non-skid soles and flat heels.
- Beware of loose pant cuffs; you could trip over them.
- Keep your hands at your sides, not in your pockets, for balance.
- Keep all four chair legs on the floor.
- Step around obstructions.
- Pay attention to where you're going and what might be in your way.

### DON'T:

- Keep machines, tools, or other materials on the floor.
- Leave cords, power cables, and air hoses in walkways.
- Carry a load you can't see over - especially on stairs.
- Jump off platforms or loading docks.