

# PREVENTING SLIPS, TRIPS AND FALLS

Slips, trips and falls are the second most common cause of accidental deaths in the U.S. each year, second only to traffic accidents. And while fatalities aren't always the outcome, painful, sometimes debilitating injuries often result. The good news is many of these injuries are preventable through simple safety precautions.



## TIPS

### PARKING LOTS

Statistics show that almost 80 percent of slips and falls due to snow and ice occur in parking lots and on sidewalks, with more than 50 percent occurring between 6 a.m. and noon. Take special caution while in parking lots in the morning.

### NORTH-FACING ENTRANCES

When possible, avoid north-facing entrances to buildings. Unless properly cleared, these areas tend to remain icy and slippery.

### APPROPRIATE FOOTWEAR

Appropriate footwear in inclement weather can't be overemphasized. If you prefer to wear slick-soled or high-heeled shoes, you may want to bring along an extra pair of tennis shoes for crossing the parking lot.

### WHEN YOU CAN'T AVOID IT

If you must walk on a slippery surface, slow down, take small steps, and keep a hand free for balance.

### SPILLS

Wet surfaces are a huge risk. Mop and dry spills immediately. Place caution signage in problem areas until dry.

### BE SMART

Take only what you can carry to maintain balance. Use handrails. Slow down and watch for hazards.