

How to prevent slips, trips, and falls

Slips, trips, and falls are among the most common causes of injuries in health care facilities and a major cause of accidental death and disability. Following a few simple guidelines can help prevent injuries like broken bones, fractures, strains, and sprains — to ourselves, our co-workers, and our visitors. *Inattention and carelessness cause most slips, trips, and falls.*

To avoid slips, trips, and falls:

- Walk, don't run.
- Walk carefully on wet and waxed floors.
- Clean up or report all spills.
- Wipe your feet when coming in from the rain or snow.
- Keep the floor clear of foreign/fallen objects.
- Don't carry things that are too tall to see over.
- Use a stepladder to reach high objects (not a box, chair, or countertop).
- Keep cords away from pathways.
- As you walk, check your path for anything sticking out — drawers, supplies, trash cans, brooms, and mops.
- Watch out for uneven floors and changes in floor level.
- Keep your hands at your sides, not in your pockets.
- Wear proper shoes.
- Avoid wearing pants with long, loose cuffs that you could trip on.
- When you sit, keep all the legs of the chair on the floor.

Practice stairway safety

Do:	Don't:
<ul style="list-style-type: none">• Use handrails• Watch out for loose, torn, or worn flooring or carpet• Report burned-out bulbs or poor lighting• Pick up any foreign objects	<ul style="list-style-type: none">• Store or throw anything on steps or stairways.



What to do if you fall:

- Try to minimize the impact by bending your elbows and knees so your legs and arms can absorb the fall, or roll with the fall.
- Get medical attention to find out if you have an injury that needs treatment or rest.