Protect Yourself from Slips, Trips and Falls

Injuries from slips, trips and falls are the most common workers compensation claims made by employees in SIA member districts. More importantly, they’re among the most common kinds of accidents that cause permanent health problems.

Often the incidents of slips, trips and falls can be prevented. It is especially important in the winter when walkways are wet or icy. Consider the following to keep yourself safe:

- Stay focused on your route of travel and be aware of your surroundings.
- Use railings when climbing up or down stairs and ramps.
- Keep walkways and aisles clear of storage or other obstacles.
- Walk slowly on slippery or uneven surfaces.
- Wear non-slip, well-fitting, flat heel shoes, especially in wet and icy conditions.
- Keep your hands at your sides, not in your pockets, for balance.
- Fix or report any floor problems immediately such as loose or missing tiles, warped wood planks or turned-up rug edges.
- Carry loads you can see over.
- Clean up spills and leaks right away.
- Use ladders and stepladders when you need to climb. Do not use boxes, desks or chairs.
- Make sure lighting is adequate. Report any non-working lights.
- Keep drawers closed.
- Keep cords and other wires out of walkways.
- Keep all four chair legs on the floor.
- Utilize carts, hand trucks, dollies or other devices that free your body to move and your eyes to see.
- Barricade and use signage in areas that are being cleaned or repaired.
- Use pathways intended for pedestrians - do not take short cuts.
- Take your time.

Information provided by Schools Insurance Authority www.sia-jpa.org