

# HOW YOU CAN PREVENT SLIPS, TRIPS, AND FALLS:

## Employee Strategy 1 – TAKE CARE OF YOUR FEET

1. Seek medical care for foot pain or foot problems: corns, calluses, bunions, ulcers
2. Keep toe nails short to prevent them from rubbing
3. Stretch your feet daily

## Employee Strategy 2 – WEAR PROPER SHOES

1. Wear footwear appropriate for the duties of your work
2. Shoes should fit snugly - soles should have grip & traction
3. Tie shoelaces!



**HINT: Best time to try on new shoes is mid-afternoon as feet tend to swell up in the PM**



## Employee Strategy 3 – FLOOR SAFETY

1. Keep clear & free of debris aisles, service areas and passageways, tidy up debris, clutter, boxes, tools as you work

**HINT: Avoid stringing cords, cables or hoses across hallways & aisles**

2. Place hazard signs to increase awareness
3. Use Absorbents for immediate clean-up of spills and leaks
4. When walking and carrying items, ensure you have a clear view
5. Avoid distractions such as cell phones