

**WHAT CAN I DO TO PREVENT SLIPS, TRIPS, AND FALLS?**

***DID YOU KNOW…?***

**According to the Occupational Safety and Health Administration and the National Safety Council:**

“Slips, trips, and falls cause 15% of all accidental deaths, second only to motor vehicles.”

“Falls and equipment mishaps are the two most common causes of injury for younger workers.”

“Same level falls, like slips and trips, make up 65% of all fall injuries.”

“More than 60% of elevated falls are from less than 10 feet.”

“In the workplace, slips, trips, and falls cause over 300,000 injuries per year, and average one every two minutes.”

During the last five years, the **Great Falls Public Schools** reported **three hundred seventy-five (375)** fall, slip or trip claims to the MSGIA/WCRRP. The claims are reserved at **$1,051,731.**

In an effort to help prevent these claims, the following simple prevention tips have been provided:

**PARKING LOTS and GROUNDS**

* Stay alert for uneven surfaces
* Watch for curbs and potholes when moving between vehicles
* Assume there is ice if the temperature is close to freezing; slow down and take short strides

**WORK AREA**

* Wear appropriate slip-resistant shoes
* Slow down to negotiate turns, corners, obstacles, and areas of limited visibility
* Keep workspace and walkways clean, clear, and well-lit for you and your visitors

**WET FLOORS**

* Clean up wet areas and spills immediately
* Make sure signs warn others of the danger of wet surfaces when mopping
* Use caution in areas where wet floors are likely: entrances, rest rooms, and mopped floors

**STAIRS**

* Take only one step at a time
* Keep one hand free to grasp the handrail
* Limit your load and make sure your vision is not obstructed

**CORDS**

* Do not allow electrical cords or other objects to extend across a walkway
* Tie up any cords that might pose a trip hazard
* Tape down or secure cords temporarily located in traffic areas

**LADDERS**

* Stand on a ladder instead of a chair, table, bucket, or box
* Use the correct ladder for the job
* Never step on the top platform of any ladder, including a stepladder

**PREVENT SLIPS, TRIPS, AND FALLS**

**IF YOU NOTICE A HAZARD, ACT**