

Preventing Slips, Trips and Falls at Work



Defensive driving is important when you are on the highway. By using the same principles of defensive driving, you can be a “Defensive Walker” by following these basic fundamentals.

- < Scan your “road” for existing and potential hazards. Just as you do when you are driving, be aware of others, expect them to get in your way, and have a way out when they do.
- < Slow down to negotiate turns, corners, ice, obstacles, limited visibility, and heavy traffic.
- < Make sure you have adequate “tread.” Some experts believe all slips, trips, and falls could be prevented through proper footwear alone.
- < Use a “detour” whenever possible to avoid ice and wet surfaces.
- < Realize that there are hazards involved in going “off road.” A shortcut across the lawn or through rocks may not be the best choice.
- < Keep your mind focused on what you are doing!

Some other strategies to prevent a fall include:

- < Limit your load. Make sure your load doesn’t obstruct your vision. Whenever possible, use a handtruck to push/pull your load.
- < Maintain contact on stairs by using a handrail.
- < Exercise regularly to maintain strength, flexibility, and balance.

