



Avoid Slips, Trips and Falls

What's at stake?

A fall at work can put you out of commission. Weeks in pain, months in a cast or years in a wheelchair can be the result of a simple slip, trip or fall. It is difficult to teach and be patient when you are in pain.

What's the danger?

Falls are among the leading causes of injury in the workplace. Even a fall from the same level - instead of a fall from a height - can cause a fatal or crippling injury.

How to protect yourself:

- Slow down. Many falls occur when a person walks too fast. Don't run.
- Watch where you are going. Don't assume a walkway is clear. Watch for clutter on the floor and for unexpected changes in the floor level.
- Wear well-fitting shoes with a low heel.
- Don't stand on desks or chairs.
- Turn on lights before entering a room.
- Keep your hands free when you walk, to help you catch your balance if you start to fall.
- If you are carrying something, make sure you can see over it or around it.
- Store all boxes, papers and supplies off the floor. Put them away immediately after use.
- Don't allow backpacks or other student materials to obstruct aisles.
- Rearrange cords or cables away from walkways, secure them to the ground or remove them immediately after use.
- Always close drawers, even if they are in an area where you wouldn't expect someone to trip over them.
- Watch for hazards such as loose floor tiles, loose carpeting and broken stair surfaces. Report these defects immediately so they can be repaired.
- Stay alert. Your chances for a tripping accident - or any accident - are greater if you are tired or distracted.
- Demonstrate to students that teachers also work safely.

Falls are a leading cause of workplace injury. Take fall hazards seriously, and don't let them trip you up.

For more information SafeSchools offers *Slips, Trips and Falls*. Clock hours are available for SafeSchools courses.