

Safety Talks



SAFE WALKING

Statistics on injuries related to slips, trips and falls seem to suggest that humans still have not mastered the fine art of walking. Is it because we walk so much we no longer think about what we're doing - the actual task of walking? If so, it is easy to see how we become distracted and stop paying attention to hazards.

Good Practices

- Pay attention to your surroundings - look where you are going when you walk and watch for slip and trip hazards.
- Walk, don't run or rush - give yourself enough time to get to your destination.
- Do not engage in activities that distract your attention - do not read, write, or work while you are walking.
- Check that your pathway is clear - stay on established walkways as much as possible and avoid taking shortcuts.
- Don't carry a load you can't see over or around.
- Walk cautiously around corners.
- Walk slowly and carefully when you transition from one type of walking surface to another - adjust your pace and stride to accommodate the terrain.
- Take extra care when you come indoors with wet shoes or boots.
- Slow down and take small careful steps if the surface is uneven, cluttered, slippery or at an angle.
- Turn lights on before you enter an area or use a flashlight and walk slowly.
- Keep areas around light switches clear and accessible.
- Replace burned out bulbs right away and repair faulty switches.
- Walking from a bright area to a dark area can cause temporary vision problems - allow time for your eyes to adjust.
- If you must walk on a slippery or wet surface, do the following:
 - Wear high traction footwear.
 - Take short, slow steps.
 - Point your feet slightly outward to keep centered.
 - Make wider turns at corners.
 - Use rails or other stable objects you can hold onto for balance.

Preventing slips, trips and falls is not difficult to do. Always be on alert, scan your environment and watch where you walk.



Did You Know?

In the United States...

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

Accidents involving slips, trips and falls are the #2 cause of days away from work.

Falls account for over 8 million hospital emergency room visits every year, representing the #1 cause of visits. Slips and falls account for over 1 million visits.

Wet walking surfaces are the cause of slips and falls 55% of the time.



SAFETY SAM &
NEAR-MISS NANCY

