



for Food Service

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Staying a Step Ahead

Slips, trips and falls were the #1 cause of school employee injuries during the last school year, accounting for 30% of all employee injuries. Preventing injuries doesn't have to be difficult. Follow these tips so you don't fall head over heels.

- Keep floors clean and dry. Clean up all spills immediately.
- Wear non-slip, closed toe footwear. Lace and tightly tie shoes. Avoid leather or smooth soles.
- Take smaller steps and wider turns. Keep your center of balance under you.
- Sweep floors regularly and don't allow food or other debris to accumulate.
- Always use an appropriate ladder or stepstool to reach items above shoulder height.
- Keep aisles and passageways clear at all times. Don't leave objects out on the floor where they can trip you up. Put away brooms and mops after each use.
- Remove tripping hazards such as cords and hoses, by storing them properly.
- Close cabinet doors and drawers when done.
- Turn on the light when entering darkened areas.
- Provide warning signs for wet floor areas.
- Be aware of outside conditions if unloading outside; wear sun protection if sunny, and coats, gloves and boots if wet or cold.
- Keep walking surfaces free of ice and snow.
- Don't carry a load that blocks your vision.
- Do not block hallways with delivery items.
- Use non-slip mats for surfaces in slippery areas.
- Provide adequate drainage for wet areas.
- Repair any uneven floor surfaces.
- Replace drain covers that have come loose. Keep grates and drains free from debris and blockage.

