

January 2009 Safety Topic

PREVENTION OF SLIPS, TRIPS AND FALLS

It's January, and winter is here. Sidewalks and parking lots are slippery due to ice and snow, or wet weather. Hallways may be slippery too, from the snow and water tracked inside on people's feet.

During this time of year it is especially important to take the extra time and care to prevent injuries due to slips, trips or falls.

Did you know that most falls happen when people are walking on level ground? This means that most fall injuries can be prevented if we pay attention to where we are going and to the conditions under our feet.

Pay attention to conditions on sidewalks and parking lots. If it has been snowing or raining, the pavement is likely to be slippery.

Be careful near exit doors and hallways. The floor could be wet and slippery from the rain or snow tracked inside on people's shoes.

Wear sensible shoes with non-skid soles and a low to moderate heel height. Boots or shoes with rubber soles also help prevent slipping.

Walk at a safe speed. Hurrying on a slippery surface can lead to a fall.

Watch out for anything that makes walking hazardous. Uneven pavement, potholes, or other things in the way can trip you and cause a fall.

When walking on an icy surface bend your knees and keep your weight forward. Leaning backwards will cause you to fall.

Tie your shoelaces. Untied laces and pants that are too long can cause you to trip.

Wipe or pick up anything you drop or spill. Spills and objects left on the floor can cause someone else to fall.

Watch where you are going! Don't try to read while you are walking, you might bump into something and fall.

Use the handrail when going up and down stairs. It will help keep you from falling.

Don't carry too much at one time. Make sure you can see over everything you have in your arms.

Use a stepladder to reach objects stored above shoulder height. Chairs, boxes and other makeshift ladders are a fall waiting to happen.

Pull wheeled carts and other objects through doorways so you can see where you are going.

Keep carts, boxes and other supplies out of walkways so that they won't create an obstacle for others.

Never leave equipment or supplies in a stairway. This is a hazard for everyone using the stairs.

With a little caution and common sense, winter can be a safe and fall-free season for all of us.

For more information on preventing slips, trips and falls contact the Health Services

Sharee Tolbert RN BSN MSN
Mott Community College
Health Services
Prah Bldg.Rm.2060
Phone: 810-762-0541
Fax: 810-232-9831
Sharee.Tolbert@mcc.edu