



# Stepping Out Safely

Slips, trips and falls are among the leading causes of injury to Kaiser Permanente employees. Take a safety walk to identify and reduce or eliminate potential hazards in your workplace. Be aware of your surroundings outside. Watch out for uneven sidewalks, cracks in the pavement and slippery leaves.

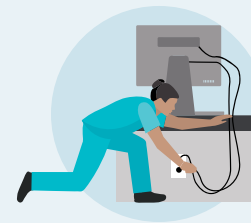
**What should you do after a FALL?** First, seek medical attention if needed, then do an assessment of conditions that led to the incident.



**Clean up spills quickly to prevent slips.**



**Hold the handrail to reduce the risk of falls on stairs.**



**To prevent trips, clear clutter and secure loose cords.**

## F — Floor

Where did the slip, trip or fall occur? What type of flooring is in the location? Was there a level change?

## A — Assess

What caused the slip, trip or fall? Were obstructions present, like cords or boxes? Was weather a factor?

## L — Layout

Be specific and detailed about the location of the slip, trip or fall. What does it look like? Inside, outside? Was there adequate lighting?

## L — Learn

What can be learned and corrected to prevent another slip, trip or fall in this area? Can your unit-based team create a safety project around this issue?

## ACTIVITY



This month, take 5 minutes in your next huddle or safety walk-around to ask co-workers about workplace safety hazards.



Ask them, “Where is the next injury or incident likely to happen in our department?”



Create a list and brainstorm solutions.



Evaluate the responses and choose 1 issue to discuss with your unit-based team co-leads. It could become your next UBT project!