



Watch Your Step

Slips, trips and falls are among the most frequent causes of workplace injuries. The good news? Most incidents can be prevented by working proactively to identify and eliminate hazards.



Tips to Minimize Risk

- [✓] Avoid running or walking too fast.
- [✓] Don't multitask while walking — put away electronic devices.
- [✓] Clean up spills immediately (coffee, water, etc.). For chemical spills, follow your local policy.
- [✓] Keep work areas clutter-free.
- [✓] Secure loose cords and hoses; block off areas if they encroach on walkways.
- [✓] Use handrails on stairs.
- [✓] Take extra care during wet weather.

If You Experience a Fall

- » Seek medical attention if needed.
- » Report the incident immediately.
- » Assess what caused the fall and take steps to prevent it from happening again.



Team Activity

This month, take 5 minutes during your next huddle or safety walk-around:

- » Ask: “Where is the next injury or incident likely to happen in our department?”
- » Create a list of hazards and brainstorm solutions.
- » Choose one issue to address with your UBT co-leads — it could become your next project!



SMARTIE GOAL:

Example: “By April 30, our team will increase by 50% the number of safety walks we conduct to identify slip, trip and fall hazards. We will make this goal **equitable** and **inclusive** by identifying spaces that are hard to navigate for people with mobility challenges or visual impairments.”

RESOURCES:

- » [Slip, Trip, Fall resources in Library of Effective Practices](#)
- » [How-To Guide: Make the Workplace Safer](#)
- » [NIOSH STF Prevention for Health Care Workers](#)

