



# Middlebury

## Slip, Trip and Fall Info Sheet

The winter season poses an increased risk for slip, trip and fall hazards. It is critical to use common sense and extra caution during this time in order to avoid injuries. Review the following guidelines, and keep these in mind when you are at home as well as at the workplace.

### Slips

Slips can be caused by wet surfaces, spills, or weather hazards like ice or snow. Slips are more likely to occur when you hurry or run, wear the wrong kind of shoes, or do not pay attention to where you are walking. You can help avoid slips by following these safety precautions:

- **Be aware of icy conditions on sidewalks and stairways. Wear proper footwear when traveling outdoors.**
- Use caution when entering and leaving buildings during snowy, icy or wet weather. Often wet floors inside of doorways can create slip hazards.
- Take short steps on slippery surfaces to keep your center of balance under you.
- Clean up or report spills right away. Even minor spills can be very dangerous.
- Be extra cautious on smooth surfaces such as newly waxed floors and be careful walking on loose carpeting.

### Trips

Trips occur whenever your foot hits an object and you are moving with enough momentum to be thrown off balance. You can help avoid trips by following these guidelines:

- Make sure you can see where you are walking. Do not carry loads that you cannot see over.
- Keep walking and working areas well lit, especially at night.
- Keep your workplace clean and organized. Store materials and supplies in appropriate storage areas.
- Ensure electrical cords and tools are not unsafely placed on the floor in work areas or in aisle ways.
- Arrange furniture and office equipment so that it does not interfere with walkways or pedestrian traffic in your area.

### Falls

To avoid falls, follow the guidelines discussed under Slips and Trips as well as the following guidelines:

- Use the stairs or ladders – don't jump down off elevated surfaces.
- Repair or replace stairs or handrails that are loose or broken.
- Keep passageways and aisles clear of clutter.
- Wear shoes with appropriate non-slip soles.
- Do not rush or hurry; take your time and think ahead about your actions.