



## Slips, Trips and Falls

Slip, trip and fall accidents can create serious injuries, cost money to treat, and take weeks or months to heal. All of this can cheat you out of living the life you want. Most of these accidents can be avoided if you are alert to potential hazards. Consider the following:

**SLOW DOWN** - Trips and falls occur most often when people are in a hurry, and short cuts are often to blame. Avoid jumping over something instead of walking around it.

**PAY ATTENTION** – Watch where you are walking. Learning to recognize and avoid hazards saves time, money, and injuries. Watch for unstable, shaky, or slippery surfaces.

**CLEAN UP SPILLS** – Wet or slippery surfaces sometimes don't appear dangerous until you walk on them, and then it's too late. Clean up all spills, including liquids and solids or powders, as you notice them. If it's not your area, tell someone who can clean it up.

**WALK SAFELY** - If you have to walk on slippery or wet surfaces, take slow, short steps. Use handrails when walking on ramps and stairs. Don't try to run, jump or slide across slick surfaces.

**WEAR GOOD SHOES** -Walkways and walking surfaces at OHSU vary in slope and surface texture. Shoes with slip-resistant soles and a flat heel will reduce the chances of a fall. Many people wear good walking shoes to work and change into business shoes, once they get here.

**GOOD LIGHTING** – Good lighting can help you spot hazards long before you get to them. Poor lighting can prevent you from seeing what is in the way.

**USE STAIRS SAFELY** – It is easy to lose your footing while climbing stairs, so go slow when walking up or down stairs. Watch for worn or broken steps and low light levels. Never run up or down stairs, and avoid skipping steps. If you have to carry a load while climbing stairs, carry it so that your vision is not blocked. Always keep one hand on the hand rail... it is often too late to grab for it when you are falling.

**STEP STOOL OR LADDER** – When you need to get something from a shelf higher than your shoulders, you should use a step stool or ladder. Chairs are NOT meant for standing on and will almost always move when you do!

