



# What can I do to prevent slips, trips, and falls?

If you know there is a problem or hazard in your work area, or if you notice something wrong that could hurt someone, please report it to your supervisor so the situation can be corrected.

## STAIRS

- Limit your load and make sure your vision is not obstructed.
- Do not store objects or equipment on stairs.
- Take only one step at a time — don't run.
- Ensure handrails are securely attached to walls and posts.
- Always keep one hand free to grasp the handrail.
- Keep stairways well lit for you and your visitors.
- Consider painting a contrasting color stripe on the nosing of each tread.
- Do not place loose rugs on steps or at the top or bottom of stairways.



Immediately report any injuries to your supervisor. Reporting injuries in a timely manner will help ensure that you receive the care you need. In addition, your employer will have the opportunity to address any safety issues that may have contributed to the incident. This can help prevent future injuries.