



# SIMPLE TIPS *to* AVOID SLIPS

## PRACTICE CAREFUL BEHAVIOR

- Never run or walk fast. Friction is reduced at a hurried pace, making a slip more likely.
- Always use three points of contact when entering and exiting a vehicle.
- Use a sturdy stepstool when climbing or reaching high places.
- Inspect all surfaces before walking on them. It's always important to look for obstructions and slick spots that may interfere with walking safely.
- Follow proper lifting and carrying techniques.
- Wear appropriate slip-resistant shoes. Not all synthetic soles are slip-resistant. Periodically check the condition of the soles and replace them as they wear down. Worn soles lose their slip-resistant quality.



## STAY ON TOP OF ROUTINE MAINTENANCE

- Keep all walking areas clean and clear of clutter. Remove leaves, snow and debris from outdoor walkways.
- Periodically check the condition of outdoor walkways and steps, repairing as necessary.
- Maintain good lighting on both indoor and outdoor walking areas.
- Secure electrical and phone cords out of traffic areas.
- Install handrails on all stairways.
- Clean up spills immediately.
- Watch for unsafe walking and working surfaces at locations not under your control.

