



Lead, Serve, Support

October 1, 2019

PREVENT SLIPS, TRIPS, AND FALLS

Slips, trips, and falls result in strains, sprains, contusions, and fractures, and are the leading causes of employee injuries occurring in school districts in NCW.

- Approximately 31% of all Work Comp claims filed in the past 5 years have been from a slip, trip, and/or fall – most of which could be prevented!

A FEW TIPS TO HELP PREVENT SLIP/TRIP/FALL INJURIES:

1. ENFORCE GOOD HOUSEKEEPING PROCEDURES:

- Put away supplies/tools/equipment/papers when finished
- Dispose of materials no longer being used
- Encourage students to practice good housekeeping by keeping backpacks, coats, books, pencils/pens, and other belongings off the floor and out of walkways
- Clean up spills immediately

2. USE YOUR EYES TO AVOID TRIPPING:

- Avoid carrying loads which are awkward or block your view
- Observe and watch where you're going
- Get in the habit of watching for potential hazards such as:
 - Backpacks, coats, books/binders, supplies, tools, equipment, electrical cords, etc., left in walkways
 - Mats/rugs which won't lay flat, damaged flooring or carpet
 - Changes in walking surface elevation, i.e., cracks in sidewalks, steps which could easily be missed, etc.
- Avoid becoming distracted by using a cellphone or reading while walking, etc.

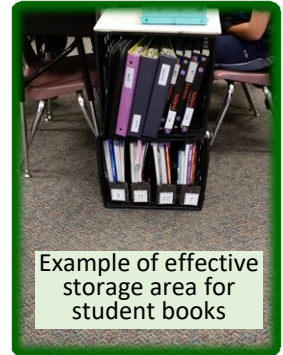
3. TURN ON LIGHTS – so you can see any trip hazards in your path

4. IF YOU SEE A HAZARD – SAY SOMETHING, AND DO SOMETHING!

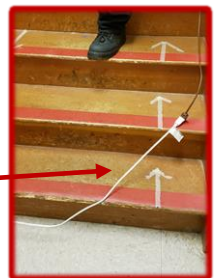
- Pickup or move items left in walkways
- Relocate cords to keep them out of walkways; cover any which can't be moved
- Use proper ladders and ladder safety procedures when needed

5. REPORT HAZARDS YOU CAN'T FIX YOURSELF!

- It takes a team to keep our schools safe.



Example of effective storage area for student books



Enter our *Safety Drawing* for a chance to win a prize for YOU or your District-

**Click here, visit <https://tinyurl.com/NCESD-Safety-Plan>,
OR use your camera to scan the QR Code to enter.**

Sponsored by your friends in Safety Services at the NCESD

*To be eligible to win you must work in a district served by NCESD #171 and submit your entry by 8 a.m. on October 7, 2019.

