



Lead, Serve, Support

September 25, 2018

PREVENTING SLIPS, TRIPS, AND FALLS

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

- 31% of the Work Comp Claims filed in the past 5 years have been for injuries resulting from a slip, trip, and fall.

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

1. PRACTICE, ROLE MODEL, AND ENFORCE GOOD HOUSEKEEPING

- Put away supplies/tools/equipment when finished
- Dispose of materials no longer being used
- Teach/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

Trip Hazards Caused By Electrical Cords



2. USE YOUR EYES TO AVOID TRIPPING

- Avoid carrying loads which are awkward or block your view
- Watch where you're going & keep your eyes on path
- 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.

Other Examples of Trip Hazards



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

4. IF YOU SPOT A HAZARD - TAKE ACTION!

- Pickup or move items left in walkways
- Relocate cords to keep them out of walkways; cover any which can't be moved

5. REPORT ANY HAZARDS YOU CAN'T FIX YOURSELF!

- It takes a team to keep our schools safe.



[Click here](#) or google "[The Fatal Half Inch](#)" to learn how using your eyes can save a life.

SAFETY MATTERS