



Safety check: Slips, trips and falls

Reduce workplace tripping hazards

No matter the workplace environment, tripping hazards are everywhere. Use these tips to help you maintain a clutter-free and safe workplace.

- Secure electrical and phone cords away from traffic areas, such as hallways
- Use non-skid rugs and be sure to tape them down to prevent rolling
- Keep drawers and cabinets closed at all times
- Be sure to wear the proper footwear for the job, paying special attention to outdoor conditions
- Clean up any spills immediately and include warning signage
- Refrain from walking distracted – stay focused on your surroundings
- Ensure there is adequate lighting in workspaces
- Don't carry too much – you need your arms to maintain balance and stability

Fall-proof your bathroom

Among older adults, falls are the leading cause of both fatal and nonfatal injuries – and the most dangerous place is right in your own home. According to the National Institute on Aging, 80 percent of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures.

Caregivers play a big role in keeping the elderly safe. Follow these tips to fall-proof your bathroom.

- Place a non-slip mat both inside and outside of the tub
- Make the entrance to the shower or bathtub easily accessible by getting a bath step or a walk-in tub
- Install grab bars by the toilet to assist in getting up and down
- Plug in nightlights in and around the bathroom
- Switch to liquid soap or soap-on-a-rope to avoid reaching and bending over
- Add a hand-held shower nozzle
- Make sure the bathroom door swings outward in case of a fall

Fast Stat:

Falls are the **most common cause** of traumatic brain injuries, including concussions. (*Centers for Disease Control and Prevention*)

Green Cross Tip

Reduce your likelihood of a fall by getting your vision checked regularly and discussing common medication side effects such as dizziness and drowsiness with your doctor.

