



Slips, Trips and Falls

Simple Steps

Prevent Injuries, Save Lives

1. Clean up spills immediately

2. Use non-skid mats under throw rugs

3. Wear slip-resistant shoes

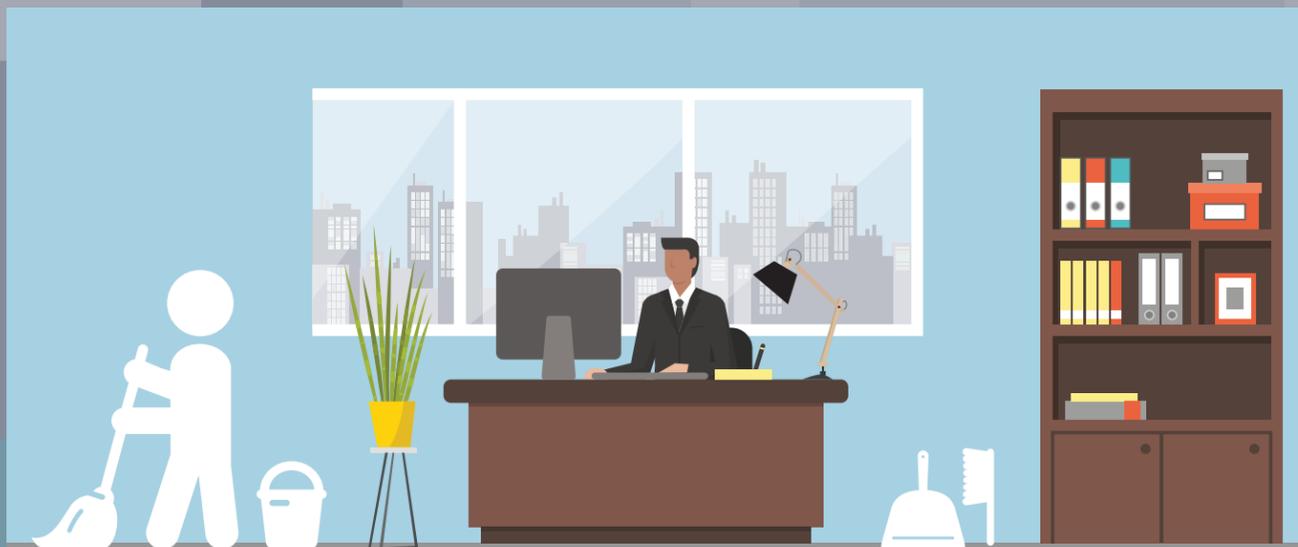
4. Install handrails on both sides of stairs

5. Light up walkways, inside and out

6. Clear debris from outside paths

7. Keep walkways and steps in repair

8. Use stepladders, not chairs or tables



**No Laughing Matter
at Work or at Home**



Where Falls Happen

- Doorways
- Ramps
- Cluttered hallways
- Uneven surfaces
- Wet floors
- Ladders
- Stairs

Falls are the third leading cause of unintentional death in the U.S., accounting for nearly 32,000 deaths in 2014

