

# HOW TO AVOID SLIPS, TRIPS, & FALLS

## Where Chilling Systems and Industrial Refrigeration are in Use



### TOP STF SAFETY HAZARDS

- Slippery uneven or unstable surfaces
- Spills of wet or dry substances
- Unsecured mats, tiles, carpets
- Seasonal hazards (snow, ice, rain)
- Debris, storage in pedestrian areas
- Trailing cables, cords, wiring in pedestrian areas
- Smoke, steam or dust obscuring view

### EMPLOYERS

#### INSPECT

- Parking lot (condition)
- Outside stairs, walkways
- Interior stairs, hallways, and work areas
- Washrooms (neat, clean, dry)
- Lunch rooms (clean, tidy, and dry)
- Loading docks

#### ESTABLISH

- Knowledge base for legislation, codes, & standards
- Work planning with safety in mind
- Written codes for workplace environment, procedures, and conduct
- Company falls prevention policies

#### PROVIDE

Control measures, such as appropriate waste bins for trash, sand or salt for icy sidewalks, brooms, shovels, mops, buckets, and warning signs, should be readily accessible.

### EMPLOYEES

#### WORKER CHECKLIST

- Wear appropriate footwear
- Stay alert to STF hazards in the work area
- Ensure that you have access to STF hazards report form
- Follow safe work practices
- Walk - Don't run
- Don't walk backwards
- Clean up after yourself
- Pay attention to footing when carrying things
- Use the handrails on stairs
- Use the appropriate equipment to reach high shelves
- Maintain three-point contact on a ladder or step-stool