

Dietary – Preventing Slips, Trips and Falls**What Should I Know?**

Slips and trips are a very common cause of injuries.

Assess the risk of slips and trips.

Take reasonable precautions to eliminate slips and trips.

How you can help prevent slips and trips.

Spilled food - This can create a slipping hazard.

- Clean up any spills immediately and ensure the floor is dry.
- Use lids on containers and don't fill them to overflowing.
- Use trays when carrying items to avoid spilling on the floor.

Leaking sinks or overflows - This is another slipping hazard especially on a smooth floor.

- Clean up any wet floors immediately and ensure the floor is dry.
- Turn off taps and ensure that any dripping taps are immediately repaired.

**Floors** - A damaged floor can cause a trip.

- Report the concern so that the floor is fixed immediately.
- As an interim solution, flag the area of the floor so others don't trip.
- If choosing new flooring, consider one that will be non-slip when wet or greasy.
- Dirty or wet floors are a risk. Cleaning needs to take place at the right time and carried out appropriately (e.g., using the right equipment and products for the task) and ensuring the floor is dry after cleaning.

Housekeeping

- Keep your work area clear.
- Keep any boxes, cables, bags or other items safely stored.

Footwear

- Wear appropriate footwear with a good non-slip sole.
- Footwear needs to be secure to the foot, low/no heel and a closed toe and heel.
- Keep your footwear clean (check the soles often).

Be Aware - Keep your Path Clear

- Keep your eyes on your task.
- Ensure your pathway is clear before you start to move.

Ask for Help – Communicate – Use Your Training

- Know the safe work procedures for your task(s).
- Ask a co-worker for help when you need it; and offer to help your co-workers too.
- Let your supervisor know if you need help or additional training.

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!