Slips, trips and falls are the No. 2 cause of nonfatal disabling injury in the workplace following overexertion. Fortunately, by being aware of our surroundings, slips, trips and falls are easily preventable.

Reduce tripping hazards with these tips:

✔ Be aware of your surroundings
✔ Don’t talk or text on your phone while walking
✔ Clean up spills and dry wet floors immediately
✔ Identify potential hazards with proper signage
✔ Mark uneven surfaces (tile, carpet, etc.)
✔ Clear clutter from work areas
✔ Use handrails in stairways
✔ Secure electrical and phone cords away from pathways
✔ Never carrying a load that’s too heavy and/or obstructs vision
✔ Wear slip-resistant footwear if needed

Focus on problem areas; inspect these areas on a regular basis:

✔ Doorways/entry ways
✔ Ramps
✔ Cluttered hallways
✔ Heavy traffic areas
✔ Uneven surfaces
✔ Areas prone to wetness and spills