

Preventing Trips and Slips – Helpful Tips

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Helpful tips for health care workers

Wet floors, spills and excess clutter can mean disaster for employees working in a health care setting. Injuries caused by slips, trips and falls range from sprained or strained muscles and joints, to broken bones and head injury. There are several precautions you should take to ensure your safety and the safety of others in our facility.

Floors

- Keep floors clean and dry at all times. Wet floors present a slip hazard and can promote the growth of infection-causing microbes like mold, fungi and bacteria.
- Remove all objects and clutter from aisles, exits and passageways.
- In the event that grease or oil spills on the kitchen floor, clean the mess immediately and alert your co-workers of the problem before they accidentally fall.
- Use floor or ceiling electrical plugs for power to avoid running a cord down a long hallway.
- Display warning signs to alert others of a wet floor.
- Use floor mats while surfaces are drying after cleaning to provide traction.
- Clean up spills immediately.
- In areas prone to slipping (toilet and shower areas), use a no-skid wax product to clean.
- While washing the floor, wear protective footgear to prevent falling.
- Keep an eye out for uneven floors and fix them or notify someone who can immediately.

Editor's Note:

The KING Safety Matters newsletter is published monthly to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

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Other Recommendations

- Use strong ladders to reach as opposed to standing on small stools or boxes.
- Stretch out bulging carpets to prevent trips and falls.
- Use the handrails while walking downstairs to prevent slipping or walking too fast.
- Repair broken light fixtures and replace bulbs for adequate visibility.

Always Stay Alert

If you notice any situation that you think could present a slipping, tripping or falling hazard in the facility, act immediately to remedy it or notify your supervisor. You could be saving an unsuspecting victim serious pain.



Resources: OSHA, Cal/OSHA and Toolbox Talks

