

# Trip Prevention



*An employee tripped over an extension cord laying in an office walkway. In an attempt to break the fall she reached for an adjacent desk resulting in a traumatic shoulder rupture. The employee had months of treatment, immobilization and therapy. Review these trip prevention tips with your employees.*

## Toolbox Tips

- Keep pathways clear of trip hazards.
- Report any trip hazards and any lighting that has stopped working.
- Do not text and walk.
- Pay attention to your path and scan ahead for hazards.
- Keep walkways clear of garbage, boxes and waste paper.
- Repair or clearly mark gaps in the concrete with high-visibility paints or warnings. Concrete floor slabs can heave and move throughout the seasons.
- Use caution when carrying items up the stairs and always use the handrails.
- Pay close attention to your walking path when moving in and out of parking areas.
- Store items such as bags and umbrellas in an area that does not create a trip hazard.
- Inspect work areas frequently, look for loose cords or cables that create trip hazards.
- Keep file cabinet drawers shut when not in use.



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