

Slip, Trip, and Falls Prevention (Inside Schools)

Safety Awareness

Keep your eyes on your path for uneven areas or a change in surfaces.

Common causes of slips:

- Wet, waxed and oily surfaces
- Spills-food and drinks
- Snow, rain and mud on floors
- Loose, unanchored rugs or mats
- Change in flooring or walking surfaces

Hold handrails



Hold handrails where they are provided and be aware of your surroundings. Store backpacks away from travel paths.

Safety Awareness

Trips happen when your foot collides (strikes, or hits) an object causing you to lose your balance and fall.

Common causes of trips and falls:

- Obstructed view while walking
- Poor lighting
- Loose rugs or mats
- Standing on chairs
- Uncovered electrical wires and cables
- Bottom drawers not being closed
- Uneven walking surfaces
- Improper footwear
- Items left on floors
- Falls from ladders

Adjust your stride to a pace that is suitable for the walking surface and the tasks you are doing.

