

Safe Behaviors

Objective: To promote safe behaviors that can prevent slips, trips, and falls

Slips, trips, and falls are a common type of accident in general industry. While management has a responsibility to make workplaces as safe as possible, employees also have a responsibility to report any hazards they find and to follow safe work practices to minimize risk.

- Follow the slip, trip, and fall prevention plan.
- Complete all relevant training: know the hazards in your workplace and what PPE is required.
- Report any hazards you see.
- Clean up obstacles and clutter, and immediately clean up spills.
- Wear slip-resistant shoes.
- Do not run in the workplace: walk.
- Watch your step, paying attention to hazards and warnings, such as “wet floor” signs. Do not use your cell phone while walking or using stairs.
- Follow safe practices when carrying objects: large or unwieldy loads may impair your vision or be distracting.
- Follow safe practices when using ladders or working around edges.

Physical Factors

- Be aware of your physical condition: you are more likely to have an accident if you are fatigued, sleepy, or sick.
- If you take medication, be aware of its effects and assure that you are safe to work.
- You can minimize your risk of fall-related injuries by exercising regularly and eating a diet rich in vitamin D and calcium.
- Corrective lenses may be necessary for impaired vision. Wear them if necessary, but be sure to also follow any eye protection requirements.

If you work in an area with many hazards, it is especially important to pay attention, to avoid being distracted, and to not rush.

Slip, Trip, and Fall Prevention: Safe Behaviors

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Signature: _____

CLASS PARTICIPANTS:

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