

Preventing Trips on the Job



Trips are usually caused by taking shortcuts, poor lighting, clutter in work areas, and loose footing. They often happen when you're in a rush. You can prevent trips by thinking about where you are and where you're going.

Watch for hazards

- **Shortcuts.** The more shortcuts you take, the greater the chance of tripping. Going off a walkway and cutting through a lawn or driveway to save time may cause you to trip. Carrying a load too big to see over and rushing are also common causes of trips.
- **Lighting and clutter hazards.** You need correct lighting to keep your balance and see ahead. Common lighting and clutter hazards include leaving the lights off and forgetting to replace burned-out bulbs. Leaving tools, boxes, or other items loose in your work area increases your chances of tripping over something.

Don't take shortcuts

The time a shortcut may save isn't worth an injury. To safely complete your tasks:

- Take the path provided for walkers.
- Make sure you can see where you're going.
- Carry only loads that you can see over.
- Slow down.

Keep work areas well-lit and clean

Your eyes can be your best tool against possible hazards. Be sure to:

- Turn on the lights every time you enter a room.
- Replace light bulbs when they burn out.
- Replace damaged fixtures and cords.
- Keep all work areas and walkways clear and uncluttered.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions. This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.