

Simple tips to avoid slips, trips, and falls

Slips, trips, and falls are the leading cause of workplace and home injuries.

While spills get a lot of attention, poorly placed or maintained mats can be just as risky. Follow these tips to keep your space safer.

Mats and rugs

- Position mats so they're even and don't create bumps or gaps
- Adjust mats so all edges lay flat
- Report any damaged mats or rugs right away
- Regularly remove moisture from mats or replace saturated mats to prevent slips
- Let your supervisor know about any mat- or rug-related accidents
- Wipe your shoes thoroughly on entrance mats to reduce water buildup
- Place mats in areas prone to moisture to minimize slip risks
- To keep your entrance safe and clean during winter months, use a three-layer matting system: An outdoor scraper mat, an indoor wiper or scraper mat just inside the door, and a final wiper mat further inside.

Spills

- Turn on lights when entering a room to spot potential spills
- Report any hazardous spills immediately
- Clean up spills as soon as possible
- Block off the spill area with an item to warn others while you get cleaning supplies
- Use a caution sign until the spill is dry, then remove it—signs left too long may be ignored
- Wear slip-resistant footwear to reduce your risk of injury
- Regularly mop areas prone to spills with a microfiber mop

