

Spot and stop trip hazards

It's easy to overlook trip hazards in your daily routine, but even small obstacles can lead to big accidents. Here's what to watch for and how to stay safe.

5 sneaky trip hazards to watch for

1. **Raised sidewalks:** Weather, moisture, and tree roots can cause sidewalks to shift, creating edges that are easy to trip over.
2. **Low-lying objects:** Keep an eye out for cords, hoses, or items lying close to the ground—they can catch your foot before you notice.
3. **Blind corners or visual distractions:** Turning a corner? Check for hidden objects or obstacles that might surprise you.
4. **Uneven surfaces:** Even small changes in elevation (as little as ¼ inch) can cause a stumble. Cracks in sidewalks or flooring are common culprits.
5. **Problematic floor mats:** Water-absorbing or shoe-cleaning mats can turn hazardous if they curl at the edges, wrinkle, or slide out of place.

What to do when you spot a hazard

- **Fix it if you can.** Move items like cords or straighten mats to clear the path safely.
- **Mark it and report it.** For bigger issues (like raised sidewalks), mark the hazard with spray paint, a caution sign, or an orange cone to alert others. Then, report it to someone who can arrange repairs, such as your supervisor or maintenance team.

