



# Toolbox Talk

## Topic: Slip, Trip and Fall Prevention

Injuries from slips, trips and falls are common and can happen anywhere causing pain, lost wages and increased medical expenses.

### Hazards to Identify:

- Poor lighting, which can make walking paths, curbs and stairs difficult to see.
- Smooth or slick surfaces (recently waxed, wet, icy, greasy).
- Carpets that are not tacked down or rugs that don't have a rubber backing.
- Floor transitions.
- Loose or crumbling walking surfaces.
- Tools, debris and other items left in walkways.
- Makeshift ladders or step stools.
- Obstructions in walking paths (open file cabinet drawers, electrical cords).

### Preventative Measures:

- Keep walkways clean and clear of electrical cords, tools/equipment/debris and spills or moisture.
- Use appropriate signage to warn of wet or damaged flooring, walkways or stairs.
- Close drawers when not in use.
- Ensure walking paths are well lit, both indoors and outdoors.
- Use an approved, sturdy ladder or step stool when reaching high areas.
- Repair or replace worn or torn stair treads, broken floor components, sidewalks and walkways.
- Wear proper footwear (non-skid).
- Sit properly, with all four chair legs on the floor.
- Get help when carrying large, awkward loads.
- Do not jump from platforms, stairs or trucks/machinery.

### Resources

For more information about this topic, visit:

- Third Coast Underwriters Resource Library [3CU.com/resource-library/](https://3CU.com/resource-library/)
- [OSHA.gov](https://www.osha.gov)

