

Avoiding Slips, Trips, and Falls

Beautician

Stairs and walkways have hazards that may lead to slips, trips or falls in the workplace. Tripping hazards include supplies, boxes, or furniture placed in walking paths. Slipping is usually due to water, hair products, debris, or food on the walking surface. Slips are more likely to happen when you hurry or run, when you wear the wrong type of shoe, or when you do not pay attention to items in your path. Follow these steps to reduce the risk of slip, trip and fall injuries:

Wear Appropriate Footwear

- Wear sturdy, slip-resistant footwear with good traction. Closed-toe shoes will further protect your feet
- Shoes with adequate support in the soles help to reduce fatigue and provide improved back support
- If you choose to wear heels, stick to comfortable heel heights. Try to stay away from shoes that are too heavy, offer little foot support, or make you off-balance

Safety Tips

- Use step stools, not chairs or tables, to reach supplies
- Clean up spills and dropped food immediately
- Use "Wet Floor" signs or barricades to mark a slippery spot
- Make sure your shoes are clean and dry- check shoes for proper fit
- Do not rush. Hurrying causes slipping, tripping and/or falling
- Never carry a box that blocks your view
- Sit when you take breaks. Allow your feet to recover from long periods of standing
- Always watch your step. Keep a clear path
- Store materials and objects out of walkways
- Hold onto a stair handrail for support
- Stretch calves and hamstrings

By making loss control visit(s), evaluations and/ or recommendations, or providing safety materials, Berkshire Hathaway Homestate Companies and this Consultant have not and do not undertake or assume any duty to you or anyone else, including but not limited to: A) Identifying or reporting upon any hazard at your premises; B) Managing, controlling, or correcting any hazard; or C) Enforcing compliance with any local, state, or federal safety or health law. Our recommendations or safety materials may not address every possible loss potential, code violation, or exception to neither good practice nor will compliance with any submitted recommendations guarantee the fulfillment of your obligations as required by any local, state, or federal laws. Loss Control is your management's daily responsibility. You are urged to implement and maintain your safety and health management programs.