

# Trip Prevention



*An employee tripped over an extension cord laying in an office walkway. In an attempt to break the fall she reached for an adjacent desk resulting in a traumatic shoulder rupture. The employee had months of treatment, immobilization and therapy. Review these trip prevention tips with your employees.*

## Tool Box Tips

- Keep pathways clear of trip hazards.
- Report any trip hazards and any lighting that has stopped working.
- Do not text and walk.
- Pay attention to your path and scan ahead for hazards.
- Keep walkways clear of garbage, boxes and waste paper.
- Repair or clearly mark gaps in the concrete with high-visibility paints or warnings. Concrete floor slabs can heave and move throughout the seasons.
- Use caution when carrying items up the stairs and always use the handrails.
- Pay close attention to your walking path when moving in and out of parking areas.
- Store items such as bags and umbrellas in an area that does not create a trip hazard.
- Inspect work areas frequently, look for loose cords or cables that create trip hazards.
- Keep file cabinet drawers shut when not in use.



*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and MEM assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*