

How to Prevent

SLIPS, TRIPS, FALLS

MCPS Systemwide Safety Programs 240-740-7752

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Slips, trips, and falls are MCPS' leading cause of lost workdays (days away from work for injured employees). They cause thousands of lost workdays each year. Use the information below to prevent slips, trips, and falls.



Practice good housekeeping, clean up clutter and spills

- Clean up spills promptly - keep floors, stairs, and other walkways clean and dry.
- Keep floors, stairs, and other walkways clear of obstacles and slip/trip hazards.
- Don't run electrical cords across walkways, doorways, or stairs.
- Don't store items in walkways and stairwells (which is also a fire hazard).
- Avoid walking on steep hills and ground with ruts and holes, if possible.

Don't stand on chairs and other furniture

- Don't stand on desks, chairs, tables, counters, boxes, buckets, or anything else not designed for you to stand on. Ask for help, if needed, to reach high areas.
- Use step stools or ladders to reach high areas. Complete the [SafeSchools](#) online *Ladder Safety* course before using a ladder, and always inspect ladders before use.



Wear proper footwear

- Wear shoes with slip-resistant soles.
- Wear shoes that fit well and are in good condition.
- Wear shoes with soles with deep, multidirectional tread on wet, muddy, snowy, and icy walkways.

Maintain floors and walkways safely (Building Services)

- Use wet floor signs when waxing, stripping, and mopping.
- Alert building occupants about wet floors.
- Wear floor stripping shoes when waxing, stripping, and mopping floors.
- Clear ice and snow from walkways and don't pile snow in front of doorways.
- Promptly request maintenance repairs for uneven or damaged sidewalks, floors, and other walkways.



Complete safety training (available to all employees)

- Complete the [SafeSchools](#) online *Slips, Trips, and Falls* course.
- Complete the [SafeSchools](#) online *Fall Protection* course, especially if you work on roofs. Only authorized operations, building service, and security staff may go on roofs of MCPS buildings.
- Complete the [SafeSchools](#) online *Ladder Safety* course before using ladders.



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