



PREVENTING SLIPS, TRIPS & FALLS

Follow these tips to lower the risk of slips, trips, and falls:

1 Slow Down!

- Don't walk too fast
- Obey caution signs (e.g. wet floor)

2 Be Observant

- Watch transitions, uneven flooring, grates in parking lots, curbs and pot holes etc.
- Eyes on the path, not your phone!
- Watch for cords and cables

3 Footwear

- Wear footwear suited to task and conditions

4 Housekeeping

- Keep walkways/exits clear
- Remove debris and clutter
- Keep file drawers closed
- Clean up spills

5 Be Prepared

- Keep one hand free to hold handrails
- Secure and carry loads safely

6 Report Damage

- Burnt out/poor lighting, damaged flooring/walkways
- Inform Supervisor
- Report to the Physical Resources [Work Order Desk](#) (Guelph Campus) or Facilities Management (Ridgetown and Research Stations)