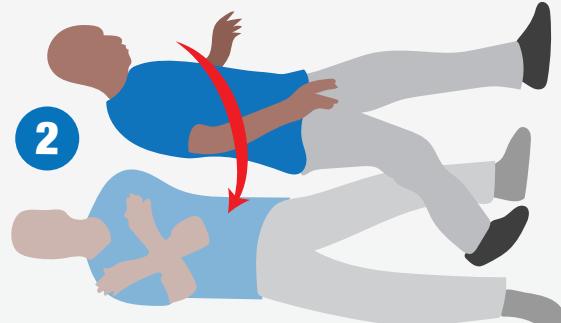


Slips, trips, and falls put workers at risk of sprains, strains, bruises, concussion, and fractures. Falls often result from slipping or tripping, and unfortunately, can happen even with the best prevention program. Perhaps you trip on your own shoe lace, fall down the stairs, or slide across some snow. Is there anything you can do to reduce your chances of getting injured?

If you find yourself in a fall:

- 1 Tuck your chin in, turn your head, and throw an arm up. It is better-to land on your arm than on your head (Similar to the natural reaction to being hit in the head).
- 2 While falling, twist or roll your body to the side. It is better to land on your buttocks and side than on your back.
- 3 Keep your wrists, elbows and knees bent. Do not try to break the fall with your hands or elbows. When falling, the objective is to have as much of your body contact the surface as possible, thus, spreading out the impact of the fall.



Anytime you slip, trip or fall in the workplace, regardless if it results in injury or not, REPORT IT! It may have been preventable and you might prevent someone from hurting themselves in the future.

ALWAYS REMEMBER, SAFETY FIRST