



DON'T FALL FOR IT!

Ouch! Slips and falls account for about a quarter of the employee injuries at Colgate every year. Slip and fall injuries are usually serious in nature and costly to treat. Our beautiful CNY winters are a contributing factor in almost half of these injuries. Employees also fall down (and up) stairs, slip on wet and waxed floors, trip on objects, and fall off ladders. There are steps you can take to minimize your risk of injury indoors and outdoors.

Avoid Slips, Trips, and Falls INDOORS

Avoid Slips, Trips, and Falls OUTDOORS

- Wear the appropriate footwear. Flat shoes with slip resistant soles, or rain/snow boots are best since they provide traction.
 - Watch where you are stepping. Watch out for ice that may be covered by snow.
 - Walk slowly and stay alert. Take short flat steps with feet slightly spread...*WALK LIKE A DUCK.*
 - Use handrails on steep inclines and stairways.
 - When entering buildings, clean your footwear.
 - Report hazardous conditions ASAP. Call x7131 during normal work hours or x7333 outside of normal work hours.
- Move all obstacles that can cause slips and falls from your work and traffic areas.
 - Walk, don't run, from place to place (up or down stairs) so that you can avoid any object in your way.
 - Use handrails when going up and down the stairs.
 - Watch where you are going and don't carry anything that can interfere with your intended path.
 - Stay alert for "wet floor" and other warning signs.
 - Make sure your shoes provide enough traction.
 - Make it a habit to return everything to its storage spot.
 - Use the appropriate step stools or ladders to get to items that are out of reach.
 - Keep floors dry, report (x7131) or clean up any water or other spills.