

Slips, Trips, and Falls: A Preventable Risk

A fall can happen in a split second, but the consequences can last a lot longer. Whether it's a wet floor, icy step, or cluttered walkway, slips, trips, and falls can cause serious injuries.

The good news? Slips, trips, and falls are preventable with the right precautions and awareness.

Use the tips below to help keep yourself and your neighbors safe!



Everyday Safety Tips

- **Watch your step:** Stay alert and look where you're going.
- **Clear your path:** Keep hallways, stairs, and floors free of clutter.
- **Take it slow:** Walk carefully on wet, icy, or freshly cleaned floors.
- **Use caution in winter:** If possible, wait until walkways are shoveled and treated before heading out.
- **Wipe your feet:** Dry off your shoes when entering a building—especially in bad weather.



- **Clean up spills:** If you spill something, wipe it up or report it right away.
- **Keep cords tidy:** Move cords out of walkways or secure them with covers.
- **Carry safely:** Don't carry too much at once—make sure you can see where you're going.
- **Avoid distractions:** Stay off your phone while walking, especially on the stairs.
- **Wear the right shoes:** Choose footwear with non-slip soles in wet or icy conditions.
- **Secure rugs:** Make sure rugs are flat and don't slide.
- **Keep a hand free:** Try to keep at least one hand free to help with balance, especially when navigating stairs or carrying items.



Stairway Safety

- **Use handrails:** Always hold the rail—especially when going up or down.
- **Keep stairs clear:** Don't leave items on steps—they're a major tripping hazard.
- **Be winter-aware:** Outdoor stairs can be especially slippery in cold weather. Step carefully and wear shoes with good traction.
- **Watch your footing:** Take your time and avoid rushing on stairs.
- **Report problems:** Let maintenance know if you see broken steps, loose railings, or lights that are out.



Bottom line

Your safety matters. Taking a few extra seconds to move carefully and spot potential hazards can make all the difference. If you see a safety concern in your building or around the property, don't hesitate to report it.



Interested in working with HAI Group to manage your agency's risk?

Contact us for assistance and answers today!

[Contact Now](#)



www.haigroup.com

The information presented is for general reference only. HAI Group makes no representation or warranty about the accuracy or applicability of this information for any particular use or circumstance. Your use of this information is at your own discretion and risk. HAI Group and any author or contributor identified herein assume no responsibility for your use of this information. You should consult with your legal, professional or subject matter advisor before implementing any new strategy or policy.