

***Lessons from Our Losses***  
***August 2023***  
**(Tips to help prevent future injuries)**

**Losses:**

During the past year, a significant number of slip/trip/fall type injuries have been reported by our employees. Many of the more significant falls that have happened do not involve ice.



**Lessons for Stairs:**

- Be sure that lighting is good in all stairwells and burned out bulbs are replaced quickly. Light switches should be clearly accessible near the top and bottom of the steps.
- Do not put objects on the steps even temporarily. Many people have the habit of putting objects on the bottom of the steps that they intend to take upstairs later. Others who don't expect the object there could trip and fall over it.
- Never carry more objects than you can hold in one hand. Always leave a hand free to use the handrail.
- Step edges can wear over time and become slippery including carpeted steps. Be sure to tell your facility staff if you notice this developing. An anti-slip nose tread can be added on badly worn hard surface stairs.

**Lessons for Sidewalks/Parking Areas:**

- Look at the walking surface ahead of you, not your cellphone!
- Notify facility staff about parking lot potholes or raised concrete sections of the sidewalk
- Check your outside lighting. Are all parking areas and sidewalks / steps well lit?
- During the summer watch for cords or hoses stretched across walkways. Facilities staff should be sure to put out a warning cone next to a cord/hose across a sidewalk.