



MJ INSURANCE

SORORITY DIVISION

We see many workers' compensation claims that are a result of an employee slipping and falling. We would like to provide you with some information that will assist you in lowering your exposure to these types of incidents.

The first step in reducing the exposure is to identify the hazards that lead to slip and falls. Some of the most common hazards are:

- Wet or oily surfaces
- Weather related hazards such as ice and snow
- Mats and rugs that do not lay flat
- Cluttered hallways
- Walking surfaces that do not have the same degree of traction in all areas

Fortunately, many of these hazards can be eliminated by practicing good housekeeping. Here are some examples:

- Clean up spills immediately
- Use caution signs to mark wet areas
- Remove the caution sign when the floor has dried
- Keep walkways free of clutter
- Secure mats and rugs
- Cover cables that cross walkways
- Make sure work areas are well lit
- Treat outside surfaces that are covered by snow and ice

For kitchens where the floor is often wet, rubber mats and footwear that is slip resistant can be effective in preventing falls. If you are aware of a hazard that is unable to be corrected or removed, a safety sign would be helpful in notifying individuals of the hazard.

Employees can help to avoid falls by watching where they are going, ensuring things they carry do not block their view and using handrails. Whenever possible, an employee should not use both hands to carry objects on a stairway. They should carry smaller and lighter loads.

If an accident does occur, attempt to identify the cause as you may be able to prevent a similar accident from happening in the future.