

DES Administration and Program Control Productions presents

Last Fall

A deadly trip!

-- US Bureau of Labor
Statistics

229,190 cases involving falls, slips
and trips in 2013, resulting in 724
deaths.

Spine tingling suspense!

-- US Dept. of Commerce

The disabling injury rate of falls
among office workers is 2 to 2.5
times higher than the rate for non-
office employees.

If you find yourself heading for a fall

Roll, Don't Reach!

-- US Dept. of Commerce
By letting your body crumple and roll,
you are more likely to avoid injury—
Reaching out with an arm or leg
could end up in a broken limb.

Stop a fall **before** it happens * **Be sure the pathway is clear** before you walk * **Close drawers completely** after every use * **Avoid excessive bending, twisting, and leaning backward** while seated * **Secure electrical cords and wires** away from walkways * **Always use a stepladder** for overhead reaching * **CHAIRS SHOULD NEVER BE USED AS LADDERS** * Clean up or **report spills immediately** * **Pick up objects** co-workers may have left on the floor * **Report loose carpet** or damaged flooring * Never carry anything that obscures your vision * **Wear stable shoes** with non-slip soles