



Watch Your Step

Slips, trips and falls are among the leading causes of injury at Kaiser Permanente. Take a safety walk to identify and eliminate potential hazards in your workplace. Working proactively to maintain safe spaces can significantly reduce injury risks on the job.

What should you do after a FALL? First, seek medical attention if needed, then do an assessment of conditions that led to the incident.

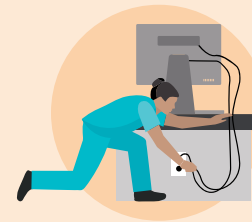
To prevent slips, trips and falls in the workplace, follow these tips:



Clean up spills quickly to prevent slips.



Hold the handrail to reduce the risk of falls on stairs.



To prevent trips, clear clutter and secure loose cords.

ACTIVITY



This month, take 5 minutes in your next huddle or safety walk-around to ask co-workers about workplace safety hazards.



Ask them, “Where is the next injury or incident likely to happen in our department?”



Create a list and brainstorm solutions.



Evaluate the responses and choose 1 issue to discuss with your unit-based team co-leads. It could become your next UBT project!

TOOL YOU CAN USE

Get practical tips for finding and fixing safety hazards and download checklists for doing safety walks in your department. Visit: [LMPartnership.org/wps-guide](https://lmpartnership.org/wps-guide)

For help in how to prevent slips, trips and falls, see these tools:

- » [NIOSH STF Prevention for Healthcare Workers](#)
- » [STF Training in KP Learn](#)

Set a team SMART goal (one that is specific, measurable, attainable, realistic/relevant and time-bound). For example, our team will increase by 50 percent the number of safety walks it conducts to identify slip, trip and fall hazards in our department by June 30. Even better, make it a **SMARTIE** goal: emphasizing equity and inclusion by working to identify spaces that are difficult to navigate for people with mobility challenges or visual impairments.