

# Slips, Trips, & Falls Checklist

## How can you prevent these injuries?

Slip, trip, and fall accidents are common and can lead to serious injuries. It's essential to maintain a safe environment in fraternity houses to prevent these accidents. This guide provides practical tips and measures to ensure the safety of all residents and visitors.

Common causes of slips include:

- Wet or oily surfaces
- Occasional spills
- Loose, unanchored rugs or mats
- Flooring or other surfaces that do not have the same degree of traction in all areas

Common causes of trips include:

- Obstructed view
- Poor lighting
- Clutter
- Wrinkled carpeting
- Uncovered extensions cords and cables
- Uneven walking surfaces (steps, thresholds)

### WHAT CAN YOU DO?

#### 1. Keep Walkways Clear

- **Remove Clutter:** Ensure that hallways, staircases, and common areas are free of clutter, such as shoes, bags, and boxes.
- **Secure Cables:** Tape down or secure any loose electrical cords to prevent tripping.
- **Clear Pathways:** Arrange furniture to allow clear walking paths.

#### 2. Maintain Good Lighting

- **Adequate Lighting:** Ensure that all areas, including hallways, staircases, and entrances, are well-lit.
- **Replace Bulbs:** Regularly check and replace burnt-out light bulbs.
- **Night Lights:** Install night lights in hallways and bathrooms for better visibility at night.

#### 3. Use Non-Slip Mats and Rugs

- **Non-Slip Backing:** Use mats and rugs with non-slip backing in high-traffic areas.

- **Secure Edges:** Make sure that the edges of rugs and mats are flat and secure to the floor.
- **Wet Areas:** Place non-slip mats in bathrooms and kitchen areas to prevent slips on wet surfaces.

#### 4. Keep Floors Dry and Clean

- **Spill Management:** Clean up spills immediately and use warning signs for wet floors.
- **Regular Cleaning:** Sweep and mop floors regularly to remove debris and dust.
- **Wet Weather:** Provide mats at entrances during wet weather to reduce water tracked indoors.

#### 5. Ensure Safe Stairs and Handrails

- **Sturdy Handrails:** Install and maintain sturdy handrails on both sides of staircases.
- **Non-Slip Treads:** Use non-slip treads or adhesive strips on staircases.
- **Clear Steps:** Ensure steps are free of obstacles and well-lit.

#### 6. Encourage Safe Practices

- **Footwear:** Encourage the use of appropriate footwear with good grip.
- **Awareness:** Educate residents about the importance of keeping the house clean and reporting hazards.
- **Regular Inspections:** Conduct regular safety inspections and address any hazards promptly.

#### Emergency Procedures

- **First Aid Kit:** Keep a well-stocked first aid kit accessible.
- **Emergency Contacts:** Post emergency contact numbers in common areas.
- **Incident Reporting:** Establish a procedure for reporting and documenting accidents.

**Conclusion** Preventing slips, trips, and falls in fraternity houses requires vigilance and cooperation from all residents. By following these guidelines, you can create a safer environment for everyone.

#### Resources

- National Safety Council: [www.nsc.org](http://www.nsc.org)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- American Red Cross: [www.redcross.org](http://www.redcross.org)



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