- taking your time and paying attention to where you are going
- adjusting your stride to a pace that is suitable for the walking surface and the tasks you are doing
- walking with the feet pointed slightly outward
- making wide turns at corners

You can reduce the risk of tripping by:

- keeping walking areas clear from clutter or obstructions
- keeping flooring in good conditon
- always using installed light sources that provide sufficient light for your tasks
- using a flashlight if you enter a dark room where there is no light
- ensuring that things you are carrying or pushing do not prevent you from seeing any obstructions, spills, etc.

TOP

Want more information?

You may be interested in these related products and services from CCOHS:

Courses

Preventing Falls From Slips and Trips

OH&S Programs and Management Systems

OSH Works

Publications

Implementing an Occupational Health and Safety (OH&S) Program

For further assistance with a particular workplace topic or issue, contact our Inquiries & Client Services team. This service is free, reliable, and confidential.

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