



# SAFETY TIPS

## Restaurant Slip, Trip and Fall Prevention

**Injuries incurred from slip, trip and fall accidents continue to be one of the leading causes for lost work time and can have lasting effects on the injured worker as well as the business. It is important to understand that the majority of these accidents are completely avoidable with proper training, workplace inspections, and good workplace safety awareness. All employees must be properly trained in identifying, understanding, and controlling workplace slip, trip, and fall hazards.**

### **Slips and falls can be caused by:**

- Defective ladders and foot stool
- Improper shoes
- Loose or bumpy carpets and floor mats
- Poor visibility
- Slippery and cluttered floors and stairs

### **You must observe the following safety rules to prevent slips and falls:**

- Alert workers to step-ups and step-downs by using hazard tape, paint or other warning signs.
- Do not leave oven, dishwasher, or cupboard doors open.
- Do not use chairs, boxes, or tables as substitutes for ladders.
- Ensure walk-in cooler and freezer is in good service to prevent water and ice accumulations. Do not store food items, product, or equipment on floors or in walkways, keep them on racks.
- Follow a formal and strict floor cleaning policy to ensure proper cleaning. Chemically treat porous floors to remove built-up grease.
- Follow the safety shoe policy. Wear non-slip shoes, and avoid wearing sandals or open toe shoes, high heels, or shoes made out of canvas.
- Immediately wipe up any spill, food items, or ice from floors.
- Implement a self-inspection program to identify and eliminate hazards.
- Keep floors and stairs clean, dry, and non-slippery.
- Keep floors and stairs clear of debris and obstructions. Maintain passageways and walkways free of clutter and crowding.
- Make sure mats and carpeting are free of holes and bumps that may cause tripping.
- Make sure stepladders are in good repair and have non-skid feet.
- Never stand on the top step of a stepladder and do not use defective ladders.
- Prohibit horseplay and running in work areas.
- Provide non-slip matting in areas that tend to be wet.
- Provide windows on swinging doors so you can see if someone is coming through.
- Repair any uneven floor surfaces and replace missing drain covers, repair or replace missing or broken floor tiles.
- Report any lighting inadequacies and replace any burned out bulbs and fluorescent tubes as soon as possible.
- Report any tripping or slipping hazards to your supervisor immediately.
- Use non-skid waxes, surfaces coated with grit and non-slip mats to create non-slip surfaces.

- Use warning signs for wet floors and other obstacles.
- Roll up water hoses when not in use and route them out of walkways and paths of travel.
- Ensure that employee parking area walking surfaces are level and free of pot-holes and un-level pavement, and that they have safe access to and from the restaurant entrance.
- Areas where employees park when at work during non-daylight hours should have adequate lighting for the employee to safely get to and from their vehicle.
- Employees should not walk to their vehicles alone, especially during non-daylight hours or during inclement weather. Do not allow employees to run to their vehicles during inclement weather and encourage them to wait until the storm has passed.
- **When in doubt, always ask your supervisor.**

**Should an employee injure themselves during work hours it is important that they immediately notify their supervisor or the manager on duty, regardless of severity, and ensure that proper medical attention is provided if required.**